



Compass
RECOVERY COLLEGE



Mindfulness Based Cognitive Therapy

Mindfulness based cognitive therapy (MBCT) combines the psychological science of cognitive behavioural methods with the ancient wisdom and practices of mindfulness.

This evidence based group programme takes participants through an 8 week structured curriculum consisting of guided meditations, reflections, cognitive exercises, home practice and discussions that promote the cultivation of understanding, skills and attitudes that can support people towards flourishing mental health.

8 Weekly sessions starting from
Tuesday 7th Nov
1:00 pm - 3:00pm
8 sessions, Online

Enrol with us, free to join

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