



Free On-Line Course in
Mindfulness Based Cognitive
Therapy (MBCT)

Starting February 3rd 2022

1pm-3pm

MBCT involves meditation and exploration of the links between thoughts, feelings and behaviours. It has been shown to reduce the risk of relapse in Depression.

For further information, including how to self-refer, please call Talking Matters Northumberland on 0300 30 30 700.