

COMMUNITY MINDFULNESS: staying connected, local and accessible

Sussex Mindfulness Centre's annual one-day conference
Sussex Education Centre, Nevill Avenue, Hove BN3 7HY

Friday 21st September 2018

9:30am to 4:30pm (registration from 9am)

Conference highlights:

- A full day of practice sessions and workshops led by local teachers, trainers, researchers and former service-users;
- Keynote talks by Sam Allen, Chief Executive, and Adrian Whittington, Director of Education and Training, Sussex Partnership NHS Foundation Trust;
- The opportunity to connect with others in your local community who share an interest in mindfulness.

This event is free to SPFT staff / current and recent service users / advocates and trainers. £50 for other attendees via 'Eventbrite'. Tea and coffee will be provided. To book your place contact: Caroline.Windley@sussexpartnership.nhs.uk.

