

Mindfulness Practice Group

Every Wednesday
5.30pm - 6.30pm
59 Ferry Road

An open group held weekly to focus on mindfulness and recovery.

Mindfulness is a practical and simple practice of being present, relaxation and self-awareness.

It is a form of meditation designed to develop the skill of paying attention to our inner and outer experiences with acceptance, patience, and compassion.

Contact Christchurch Central Services

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Tūhauora

CHRISTCHURCH CENTRAL SERVICE
AOD CO-ORDINATION

Mindfulness core skills

Mindfulness is developing an awareness of the thoughts, feelings and behavioural urges we experience every day. Mindfulness skills help us live with our human experience with greater ease by supporting us to be more present in our day to day experiences.

The Benefits of Mindfulness

- » Experience less stress, anxiety and depression
- » Improve sleeping patterns
- » Enhanced mental health and functioning.
- » Feel more self-acceptance and self-love
- » Reduce reactivity, increased emotion regulation and self-control
- » Experience more joy

Group Goals

- » To develop a personal understanding and experience of mindfulness
- » To integrate mindfulness into your daily life
- » To give and receive support on our mindfulness journey



*Helping people move toward a
productive and fulfilling life.*