

# 9-week Mindfulness Course online and in centre



The Stress Project offers a variety of Mindfulness activities. Mindfulness is a very simple form of meditation. It teaches people how to be present in the moment and break away from negative thought patterns that exacerbate stress, anxiety and depression. Giving people the tools to replace negative

## About this Activity

FREE - Open to Islington residents only

You must be able to access and use Zoom to join the Zoom course. Support to access Zoom is provided.


Booking is required. Limited spaces available.

For further information about the course and application form to join please download the Mindfulness Course Information fact sheet:

 Date

Every Wednesday  
Every Tuesday  
Every Wednesday

**Tue,  
31st Oct  
2023**

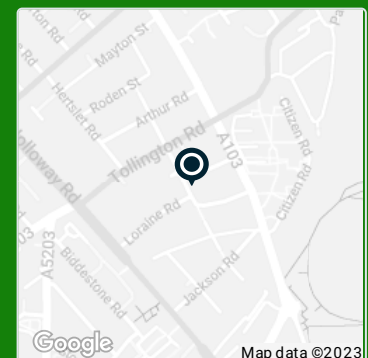
 6:00pm - 7:30pm

 Price

**Free**

 In-Person

**Stress Project Therapy  
Centre  
2 Shelburne Road,  
London  
N7 6DL**



 Online

**Zoom**

[https://www.stressproject.org.uk/uploads/5/1/2/3/51231467/mindfulness\\_application\\_form\\_and\\_fact\\_sheet\\_-\\_october\\_course\\_2022.docx](https://www.stressproject.org.uk/uploads/5/1/2/3/51231467/mindfulness_application_form_and_fact_sheet_-_october_course_2022.docx)

## Accessibility Information

- 2 Shelburne Road, Islington, London N7 6DL Stress Project Therapy centre is a corner building and the front door is in Annette Road access is ground floor with partial wheelchair adaptation Tubes Holloway Road, Finsbury Park, Highbury & Islington Trains Drayton Park, Finsbury Park, Highbury & Islington Buses 17, 29, 43, 91, 153, 253, 254, 271, 393 Parking restricted Monday to Friday 8.30am-6.30pm & Saturday 8.30am-1.30pm. (additional restrictions when Arsenal are playing a home match: Monday to Friday 6.30pm-8.30pm, Saturday 1.30pm-4.30pm, Sundays and Bank holidays noon-4.30pm. see [www.arsenal.com](http://www.arsenal.com)). One hour free parking on Holloway Road in bays Two hour free parking in Waitrose car park for customers Two hour pay and display parking bays on Loraine Road and Hornsey Road All day pay parking at Sobell Centre, entrance on Hornsey Road opposite Arthur Road

