



TAKE
TIME for
your
SELF



Mindfulness for members in schools

Brush Party Painting Workshops

Saturday 11 Feb, 10.00 - 12.30 or

Tuesday 21 Feb, 3.30 - 5.30

<https://learning.unison.org.uk/events/brush-party-workshop/>

Intro to Mindfulness

Thursday 5th January, 10am - 12.30pm

Tuesday 10th January, 2pm - 4.30pm

Wednesday 11th January, 10am - 12.30pm

Tuesday 24th January, 2pm - 4.30pm



<https://learning.unison.org.uk/events/introduction-to-mindfulness/>

