



Coronavirus Update

We are committed to supporting you

*free weekly guided meditations | online mindfulness workshops and courses
links to wider resources through our Facebook page | mindfulness mentoring sessions for individuals*

As we all find our way through this difficult and challenging time our vulnerability has been brought to the fore. Fear, anxiety and loss are becoming part of our everyday lives, affecting each of us in different ways.

Now more than ever before care for ourselves, our families, communities and planet are essential as we adapt and re-establish ourselves in an ever-changing world. As we do so it is vital that we take steps to support our mental and emotional health, for the benefit of both ourselves and others.

As an organisation we too have been adjusting with a focus on how we might best offer support, especially to those providing public and caring services and those coping with the difficulties of isolation, anxiety and loss. We've moved all our events online and from Tuesday 7th April will be offering **free weekly online guided meditations** to support self-care during this time.

*Join us, 7:30 - 8:00 on Tuesday mornings
to cultivate inner resources for the week ahead.*

*All Welcome. No experience required. Maximum 100 participants, first come first served.
Please use this link to access our online training room from 7:15 for a 7:30 start.*

[Zoom Meditation](#)

For additional resources such as books and apps please use this [link](#).



We will be adding online events to our website as dates are set, as well as sharing resources from other providers which we hope you will find supportive on our [Facebook](#) page.

For those seeking to provide support within organisations our [workplace mindfulness training](#) is also continuing online, offered as a powerful way of developing psychological safety and more 'brain friendly' approaches to work at this unprecedented time.

Please don't hesitate to contact us (preferably by email) if you have any particular questions otherwise please join our [mailing list](#) and we will keep you informed of events as they are confirmed.

With best wishes for your safety and wellbeing from everyone here at NCMC,

Rob, Sally and Alex

The Northern Centre for Mindfulness and Compassion

Additional practical notes:

Wherever possible please [email](#) any questions or contact requests (Relax@YorkMBSR.co.uk). Please **do not post anything** to us as our office is now closed.

Please be aware that we are [not able to provide an emergency response](#). In an emergency please access resources provided by [MHFA England](#), the [Samaritans](#) or [MIND](#) ('I need urgent help' tab)