

Mindfulness Workshop

Blended Face to Face / Online

Date: Wednesday 19 August 2026
Time: 3:00pm – 4.00pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

Have you heard about mindfulness and wondered what it is?

In this short, friendly session you will hear about what mindfulness is and how it can be a part of your wellbeing.

You will have a chance to take part in some brief mindfulness activities and learn about other courses available at the Recovery & Wellbeing College and in the community.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



For more information
please contact the
Recovery & Wellbeing
College Team

9113 2981

SESLHD-
RecoveryCollege
@health.nsw.gov.au