

Please telephone or email

Christine Makinson (christine.makinson@mhist.co.uk)

☎ 01204 537885

For information regarding any self help group.

Elaine Jones (elaine.jones@mhist.co.uk) ☎ 01204 527200

For information regarding our advocacy service.

Jo Kay (jo.kay@mhist.co.uk) ☎ 01204 533092

For information on how to donate items for our shops.

Melvin Bradley (melvin.bradley@mhist.co.uk)

☎ 01204 527200

For information regarding volunteering opportunities.

Peter Pendlebury (peter.pendlebury@mhist.co.uk)

☎ 01204 527200

For information on how to make monetary donations.

1point (North West) Ltd ☎ 01204 917744

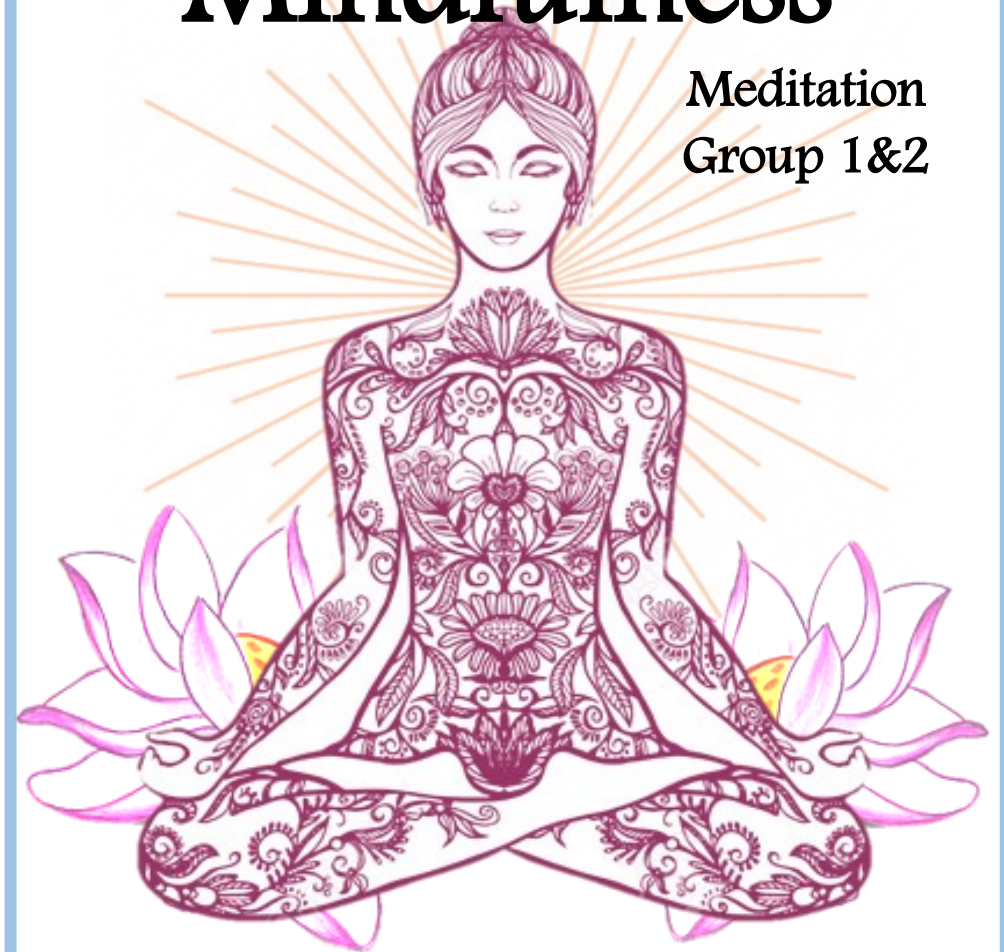
To access our Talking Therapies service

For anything else email info@mhist.co.uk




Mindfulness

Meditation
Group 1&2



MhIST (Mental Health Independent Support Team)

Hanover House, Hanover Street, Bolton BL1 4TG

☎ 01204 527200 ✉ info@mhist.co.uk  [mhist.bolton](https://www.facebook.com/mhist.bolton)

 www.mhist.co.uk

Why not come along to the Mindfulness Meditation Group



Looking for a safe and supportive space surrounded by like minded people?

Improve your wellbeing and develop a positive mental attitude.



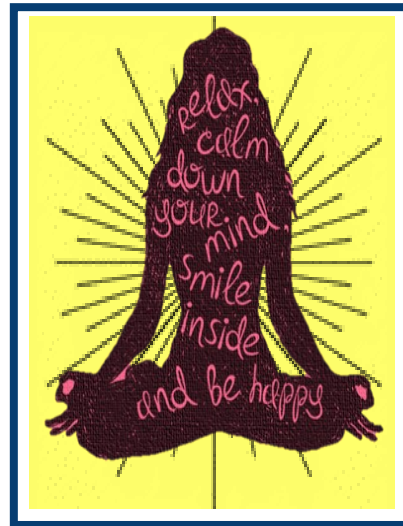
If you want to be a part of this fantastic and dynamic group then then please get in touch with us.

The contact details are shown on the reverse of the leaflet.

Do you long for calm and relaxation?

Do you want to understand more about yourself?

Needing to find inner balance?



Each session is aimed to be calming and relaxing. All ages, genders and abilities are made to feel welcome.

Come and meet new like-minded people.

