

Highland Mindfulness Group

Scottish Charitable Incorporated Organisation SC050141

Mindfulness Drop-in Sessions

Please note that our mindfulness drop-in sessions are not intended to be a treatment for mental health problems. If you have recently received or are currently receiving treatment from a psychiatrist, psychotherapist or counsellor for an ongoing mental health problem, we strongly advise that you obtain approval from your mental health professional before proceeding further with your mindfulness journey.

If you are currently taking medication for a mental health problem, then we recommend that you do not change your medication, other than in close collaboration with your medication prescriber.

Also, if you have recently or are currently going through a traumatic life event such as a separation from a long term partner, the death of a close family member or friend, or redundancy - this may not be the right time for you to start to learn mindfulness. This very much depends on your current psychological health and the support networks that you have around you, such as friends, family and mental health professionals.

If any of these circumstances apply to you, then we recommend that you speak with one of the trained mindfulness facilitators on our team to discuss your situation and to explore how best to proceed with your mindfulness practice.

In some of our regular morning sessions there may be some mindful movement but the decision to perform any of the physical exercises remains your own, so please follow your own careful judgement to decide if they are beneficial for you to do or not.

Contact

For any queries, please contact us on highlandmindfulness@gmail.com

You can see the list of our regular sessions via our website:

<https://highlandmindfulness.co.uk/calendar/>

We can send you the Zoom link if you would like to join in online. Please display your name on your Zoom screen (rather than a device name like "Ipad2") as it helps our team to welcome newcomers. Thank you.

Donations

If you find our sessions useful, we appreciate any donations you may be able to give our charity.

<https://highlandmindfulness.co.uk/donations/>