



Mindfulness Group



**A safe space for women
who have experienced sexual violence
or domestic abuse**

Who we are

RSACC is a charity run by and for women. We work to end rape and sexual violence by supporting and empowering women and girls in Darlington and County Durham. We offer free, safe support to all all survivors 13 and above who have experienced any form of sexual abuse at any time in their lives.

Our Mindfulness Group

offers women who have experienced sexual violence or domestic abuse a safe space to learn the practical skills of mindfulness. Our definition of women-only includes trans women and non-binary people who identify women's services as being right for them.

What is Mindfulness?

Mindfulness is a simple concept that means paying attention in a particular way:

- On purpose
- In the present moment
- Non-judgementally

It is a practical way to notice:

- Thoughts
- Physical sensations
- Sights
- Sounds
- Smells

A daily practice of mindfulness can be effective in coping with:

- Low mood
- Anxiety
- Emotions distress
- Chronic pain

How to get involved

RSACC will deliver Mindfulness sessions on a Wednesday lunchtime. 1.00pm -2.30pm.

This will take place at:
Friends Meeting House
Skinnergate
Darlington

If you would like more information about the Mindfulness Group or to book a place please contact:

**Tel: 01325 354 119 or
info@rsacc-thecentre.org.uk**