

# Mindful Resilience

For Parents & Carers of  
Neurodivergent Children & Adults  
8-week course

Join us as we support you to:

- Use mindfulness in daily life to aid mental wellbeing.
- Understand how your nervous system responds to stress.
- Learn how to take care of yourself as a carer.
- Reduce anxiety, stress, depression and burnout.
- Learn how to work with your emotions.
- Develop skills to work with different types of thoughts.
- Experiment with a range of tools including meditation, gentle yoga and relaxation.

**Mondays, 1.00 – 3.00pm**

**13th January – 3rd March 2025**

Arthur Greenwood Community Centre, Hipley Close,  
Woodley, Stockport, SK6 1ES

Free  
Courses

For  
Stockport  
Residents

**Thursdays, 10.00am – 12.00pm**

**16th January – 6th March 2025**

Online course via Zoom

To book a place, email: [hello@yellowbeacon.org](mailto:hello@yellowbeacon.org)

*Our courses are designed and delivered  
by neurodivergent practitioners.*

These courses are funded by the Stockport  
Local Fund for Mental Health & Wellbeing



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

*hapi*  
NEURODIVERGENT PRACTITIONERS

## Who we are

**Kay** is an experienced mindfulness teacher and yoga practitioner, who works for NHS England supporting autistic people through Care & Treatment reviews.



**Kirsty**



**Kay**

She has an active career as an autism trainer and Trauma-Focused Therapist, working with Stockport Metropolitan Borough Council, Manchester Metropolitan University, The Triple A Project and Next Chapter. Kay is the founder of HAPI CIC.

**Kirsty** is a mental health professional with ten years' experience in the charity sector in Greater Manchester. She is an experienced mindfulness teacher, specialising in trauma-informed practices for mental wellbeing, and is the founder of Yellow Beacon CIC.

**Yellow Beacon** is a mental health professional and lived-experience led organisation offering **trauma-informed mindfulness** courses, workshops and 1 to 1 sessions across Greater Manchester.

[www.yellowbeacon.org](http://www.yellowbeacon.org)

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*"This was the most informative useful course I have attended for some years. I learned so much about autism spectrum and neurodiversity, and how many symptoms can be managed better or eased with the practice of mindfulness and other coping strategies."*

**Feedback from our Restore & Recover Course for Autistic Adults**



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