

PRIMROSE HOSPICE COPPICE CENTRE

Primrose Hospice can help you and your family with:

- Practical help
- Complementary therapy
- Family support
- Benefits advice
- Counselling
- Bereavement support

As a charity, all of Primrose Hospice's services are free

However, if you wish to make a donation please speak to a member of staff or visit primrosehospice.org

CONTACT US

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The Coppice Centre

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Registered charity No: 700272



RELAXATION



WHAT IS RELAXATION GROUP?

Everyone can benefit by learning to manage the stress and anxiety we all experience at times in our life.

During the Relaxation Group sessions you will learn helpful breathing techniques and be led in guided visualizations and simple meditations.

There is also a chance to share useful ideas with others in the group.

Our clients can take part in The Relaxation Group from the comfort of your own home as the group is accessed via zoom.

AIMS OF THE GROUP

The group runs weekly, providing you with the space to practice relaxation at a set time and teaches you a technique that you can use anytime you need it.

Studies show that regular practice can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health, enhancing your ability to cope with stress by refocusing your attention on something calming and your breathing.

No previous experience is necessary.

FAQS

Who can attend?

The group is open to anyone accessing services at Primrose, including family members.

How can I attend?

For further information and an application form call Julie Guest, Complementary Therapy Co-ordinator or our team at the Coppice Centre on 01527 889799.

Relaxation Sessions are available:

