**FOR THE ATTENTION OF ALL 999 STAFF**

As a Psychotherapist who specialises in working with emergency service staff, I am providing **FREE** online groups twice a week for you to attend which will offer:

* the space for you to offload, and receive therapeutically led group support
* an opportunity for you to enjoy a Mindful Meditation to aid relaxation / space to switch off

Groups will be 1hr long, and will be held on Tuesdays and Thursdays at 6pm from w/c 30/03/20. They will be provided over Zoom (a secure, encrypted platform). You are welcome to attend either via webcam or by voice only.

If you are interested, please text me on **07380 965873** stating which service you work with and I will send you the Zoom links.

**With my warmest wishes and thanks for all you do, Rebekah**