

Virtual Reality Mindfulness

We're excited to bring Mindfulness Based Cognitive Therapy (MBCT) using Virtual Reality headsets (VR-MBCT) to our communities in the Welsh Valleys through our Recovery College course!

Who can join?

This program is perfect for anyone who has trouble accessing traditional mental health support, especially adult men and young people aged 18-25.

What is VR-MBCT?

We've adapted MBCT for home use with virtual reality, and it's been approved as an effective therapy!

Here's what you can expect:

- Fun and engaging mindfulness training to help you notice your thoughts, feelings, and body sensations.
- Helpful techniques from cognitive therapy to shift any negative thoughts and behaviours that may be weighing you down.
- Cool virtual reality elements that assist you in staying focused on the present moment.

Over the next 8 weeks, immerse yourself in 1-hour sessions that will inspire and energise you. Mark your calendars for May 19, 2025 **you won't want to miss!**

We can't wait for you to join us on this journey to better mental health!

Please contact Arts Factory for more information on **01443 757954!**
You can also drop us an email at **hello@artsfactory.co.uk**. We're here to help!



Patrons, Boyd Clack & Delia Powell



NO MORE THROW-AWAY PEOPLE



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