



WE ARE RECRUITING

Mindfulness for Adolescents and Carers

- Young people aged between 15–18.
- Currently experiencing depression, low mood, or anxiety with low mood.
- Previously had help but still struggling.
- Willingness to participate in a new 8-week skills-based mindfulness group.

£60
THANK-
YOU
PAYMENT

For more information, please get in touch:

- ✉ Email: gc693@cam.ac.uk
- ☎ Call: [07350 542067](tel:07350542067)
- 🌐 Search online for [ATTEND mindfulness study](#).
- 🌐 Visit our website at attendstudy.org
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