

"Waters edge is such a special place, it is so far removed from a clinical, grey, soul-less unit where things can seem hopeless. Quite the contrary. Looking out across the tidal water, ever changing, ever-renewed, there is real hope" Quote from client

The sessions run at Water's Edge, Falmouth Road, Penryn TR10 8AW, are detailed below.

If you are interested in Sea Sanctuary services, including our Sail into Life programme, sessions at Water's Edge or our new groups starting soon, please contact our office on **01326 378919**, or email admin@seasanctuary.org.uk.

Mondays	Process Group (therapy based) 10am-12pm <i>"The key is sharing experiences, this reduces isolation and helplessness that can be a damaging feature of the process of anxiety and depression" ~N Mounsey</i>	New Session: Art Workshop 1-4pm <i>"Art washes from the soul the dust of everyday life."</i> ~ P Picasso
Tuesdays		Mindfulness Practice Group 2.30-4.30pm Weekly session for those who have completed a Mindfulness course with Sea Sanctuary.
Wednesdays	Mindfulness course 8 week course, 1 day per week 10.30-1pm <i>"In this moment, there is plenty of time. In this moment, you are precisely as you should be. In this moment, there is infinite possibility"~ V Moran</i>	** Chi Gong & Tai Chi course/practice 1.30.-3.30pm (starting April 2018) <i>"Every movement is a curve or circle that has no ending or beginning"~ P Lam</i>
Thursdays	Creative Writing Group 10am-1pm <i>"Dreams are illustrations from the book your soul is writing about you"~M Norman</i>	Art Workshop 1.30-4.30pm <i>"Life without Art would be a series of emails.... It would be quite boring" – G Perry</i>
Fridays	** Walking Group Discovering the beautiful walks around Cornwall; starting in 2018 <i>"One step at a time is good walking"-anon</i>	
Saturdays	Together for Families (closed group)	

**** New groups starting in 2018 – for more information or to show your interest please contact our office**

Group/Workshop fees are donation based

For course fees please contact our office on 01326 378919

Sea Sanctuary was set up in 2006 to support the needs of the Cornish community and helps anyone who is experiencing poor mental health or wishes to improve their wellbeing. Our service provides a learning experience with outstanding results, from our sail training to our land-based services.

We seek to address the very real issue of mental health well-being for those who most need it