

# Recovery Meetings - United Kingdom

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## **Belfast - Ulster**

**Venue:** Black Mountain Zen Centre

**Days:** Sundays

**Time:** 7:30pm - 9:00pm (please arrive by 7:20pm for a prompt start at 7:30pm)

**Type:** Mindfulness and Recovery Group

**Address:** 64 Donegal street, Belfast, Ulster BT12 6LX

**Other info:** Frank has worked in the community care voluntary mental health sector for some twenty-five years and currently project manages a supported housing therapeutic community in the North West. Frank was the co-founding Director of the Belfast Mindfulness Centre. As an indigenous Belfast born practitioner he has been at the forefront of developing creative cross community mindfulness based initiatives to communities / groups traumatised by the Northern Ireland troubles. Frank studied mindfulness at the University of Wales and is a qualified integrative humanistic counsellor. Presently Frank teaches mindfulness through the life long learning programme at the Queen's University of Belfast and has also successfully delivered experiential and practice-based training programmes to mental health and allied professionals working in psychiatry, nursing, social work and the criminal justice system.

**Meeting format:**

7:30pm - 8:00pm ~ body scan

8:00pm - 8:20pm ~ tea

8:20pm - 9:00pm ~ Step 11

Remember: *Forgiveness is abandoning hope for a better past.*

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