

Mental Health Workshops

Workshops to
help you to look
after your
mental health
and wellbeing

please choose as many workshops as you like

Week 1: 5 Ways to Wellbeing

Week 2: Mood and your senses

Week 3: Links between physical
& mental health

Week 4: Loss and bereavement

Week 5: Identity and Purpose

Week 6: Hope

Week 7: Being creative

Starts Thursday 30th June

2.45pm - 4pm

at

ACTS, 29 Beach Rd, South Shields

For more information or to book a place

call 0191 217 2935

or email

kindmindcommunity@mentalhealthconcern.org

