WATCH

Tuesdays (10am - 12 noon)
4 sessions starting 5th July 2022
and then
4 sessions starting 6th September 2022
(More courses from 11th October and later in the year)

SELF-MANAGEMENT WORKSHOPS

- Elevate mood and reduce feelings of isolation
- Empower you to improve your own wellbeing
- Understand resilience and how to improve it
- Form supportive relationships with your peers in the workshop
- Leave the workshop with a toolkit of ideas to help you maintain your own wellbeing

These workshops support people who are ready to explore with peers, their mental health and wellbeing

Book now to join us!

email info@watchproject.org.uk for bookings and enquiries
Your Potential, Your Voice, Your Way