

Attend our **FREE**
Introduction to Wellbeing
Managing Stress and Sleep Workshops
On Zoom

Feel free to join both or either workshop,
just let us know in the email!

29th June

Stress 6:00 - 6:45pm

Sleep 7:00 - 7:45PM

Please register your interest for this workshop by emailing us at:

csgroups@selfhelpservices.org.uk