

Community Wellbeing

Mental Health

Stress and Anxiety

Self Confidence

Coping Strategies

Self esteem and confidence

Emotional Well-Being

Would you like to get involved in a community well being project ???

Would you like to help combat mental health issues in your community ???

Would you like to learn skills and coping strategies to help people suffering with mental health problems ???

Time: 1.30 pm—4.30 pm

Date: Thursdays commencing from 6/10/2016

For more information ring Nathaniel James

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developing communities, changing lives

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