



Skills for life

BeOne Mindset: Mind Workshop

🕒 2 October 2025 (1pm – 3pm)

📍 Cornerstone, 2 Edward Street, SK1 3NQ

Mind:

Understand your thought patterns, overcome negativity, and train your mind to support a healthier life.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862