



Skills for life

## BeOne Mindset: Emotions Workshop

🕒 16 October 2025 (1pm – 3pm)

📍 Cornerstone, 2 Edward Street, SK1 3NQ

### ***Emotions:***

*Learn to embrace all your emotions, even the difficult ones, and use them to guide you instead of letting them control you.*

To book a space, email  
**[customer.training@stockporthomes.org](mailto:customer.training@stockporthomes.org)**  
or call 0161 474 2862