



Skills for life BeOne Mindset: Mind Workshop

⌚ **12 March 2026 (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**