



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](mailto:customer.training@stockporthomes.org)**  
or call 0161 474 2862