



Skills for life

# Wellbeing Workshops

🕒 Tues, 23 & 30 January 2024 (10am – 11.30am)

📍 Cornerstone, 2 Edward Street, SK1 3NQ

*Are you struggling with low mood, anxiety or sleeping?*

*Over two sessions, you'll learn new skills and techniques to help you change your lifestyle, reduce worry, improve your motivation and more.*

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



 [www.SK-y-light.org](http://www.SK-y-light.org)

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