SelfHelp

Improving mental health

Attend our FREE

Introduction to Wellbeing

Managing Stress and Sleep Workshops

On Zoom

Feel free to join both or either workshop,
just let us know in the email!

27th July

Stress 6:00 - 6:45pm

Sleep 7:00 - 7:45PM

Please register your interest for this workshop by emailing us at:

communityengagementmcr@selfhelpservices.org.uk

NHS