



NHS

**Stockport
Talking Therapies**



Skills for life

Wellbeing Workshops

🕒 **Tuesdays, 5 – 19 September 2023 (1pm – 3pm)**

📍 **Cornerstone, 2 Edward Street, SK1 3NQ**

Are you struggling with low mood, anxiety or sleeping?

Over three 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
or call **0161 474 2862**

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 **www.SK-y-light.org**

 **@skylight_sk**