

Zoom Wellbeing Groups

Grab a cuppa, come and join us on zoom from the comfort of your own home for safe, supportive conversation and support about wellbeing.

Stress Busting

Learn to understand stress and acquire skills and techniques to develop personal resilience.

08 December Stress Busting Part 1

15 December Stress Busting Part 2

@ 11.00am to 1.00pm

5 Ways to Wellbeing

How to use the 5 ways to boost your wellbeing.

Friday 11th and 18th December

@10.30am to 12.30pm

To book your place on Zoom

Please phone 01873 858275 or
email iaa@mindmonmouthshire.org.uk



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Charity (1150165)

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for better mental health
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