



LOOKING AFTER YOUR *Mental Wellbeing*

**A free five week group for adults over 18
Together we will explore...**

The concept of “*mental wellbeing*”

Your *mental wellbeing* journey so far, a journey that is lifelong for everyone

Stepping stones for looking after your *mental wellbeing*, as you move
forward with your life



Every Thursday *from* 10.00am - 12.00pm

from
20th May
2021
on Zoom

This group will consist of peer support and some teaching. It is suitable for people who are okay with listening/talking and being seen within a small, confidential space.

Reading material will be shared before the group starts and used each week during group activities.

To book a place or make an enquiry,
please email your name and phone number to:

✉ maria@bridgecommunityproject.org.uk

☎ **01506 238980/07985 289058**

Please talk to Maria if you would like a
“practice Zoom session” in advance of the group starting.