

Wellbeing Support Group

*By Talking Therapies and
NHS Health & Wellbeing
Coaches*

WHAT TO EXPECT

- Understand how low mood, depression & anxiety can affect you
- Learn relaxation techniques
- Explore your thoughts, feelings and behaviours
- Share your experience in a safe space

**PLEASE NOTE THAT SESSIONS ARE
DELIVERED IN ENGLISH**

WHEN

START DATE:

TUESDAY 27TH JUNE 2023

There will be 5 sessions that occur on
Tuesdays (10.15am - 11.30am*).

Dates: 27 Jun*, 4 Jul, 18 Jul, 1 Aug, 15 Aug*

*First and last sessions will finish at 12pm.

WHERE

Ground Floor Meeting Room,
Newby Place Health and Wellbeing Centre,
21 Newby Place, E14 0EY

Refreshments available



<https://tinyurl.com/5ah9jvez>

TO REGISTER:

**Must be aged 18 or over and
registered to a GP practice below**

Use the QR code or link above,
or speak to your GP or reception team

REGISTER BEFORE FRI 23 JUNE