



Healthy Minds Course

This 6-week general wellbeing course is designed to provide participants with emotional and practical tools to support their wellbeing.

Delivered in small groups, the sessions are diverse and aim to meet the needs of all participants.

The course will cover:

Week 1 - Building self-esteem & confidence

Week 2 - Stress and anxiety

Week 3 - Anger awareness

Week 4 - Sleep

Week 5 - Food and Mood, Exercise and Wellbeing

Week 6 - Mindfulness

To find out more call **0300 330 0635** or visit our website:

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