Has Covid-19 turned life upside down?

How do we cope with "the new normal"?

Come and practise things that can help us feel less stressed and overwhelmed

For people living in North West Edinburgh.

16 June: Breathing

23 June: Self-care and Habits

30 June: Resilience

7 July: Control and Boundaries

14 July: Thinking styles

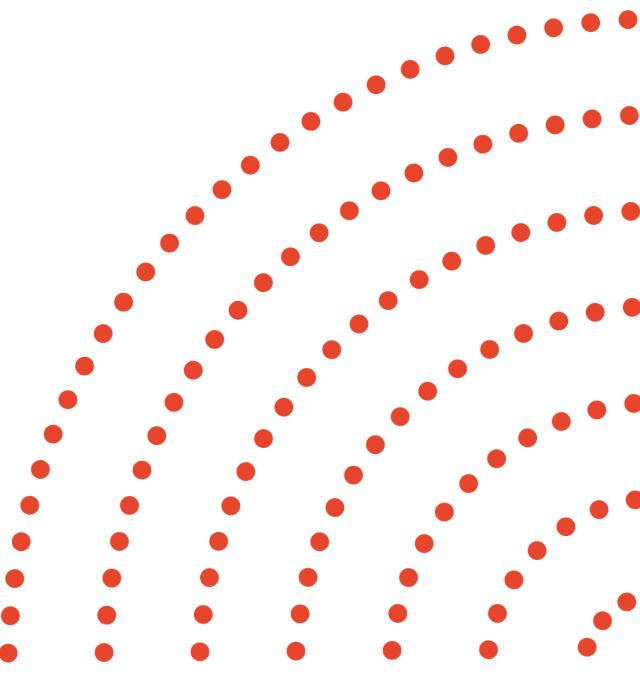
21 July: Take notice

Sessions will be on Zoom from 1-2.30pm

For more information and to register: email Anna Chmiel at Anna.Chmiel@health-in-mind.org.uk

www.health-in-mind.org.uk

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