

Every Thursday 1pm - 3pm

EVERYDAY WELLBEING WITH CORONAVIRUS SUPPORT

Our online workshop can help you understand your feelings and how you can deal with them.

Join us for a live webinar exploring how we can all look after our mental health and emotional wellbeing in these challenging times. The session will cover various hints and tips to help us look after our understandable worries, stress and low mood during what is a particularly challenging time in all our lives.

This is a live online presentation, where you log in on your computer, phone or tablet. A clinician will present the workshop via webcam. You will not be seen by other attendees and you can ask questions to the facilitator in real time via a chat function that is private and not visible to the rest of the group.

www.wellbeingnands.co.uk/suffolk/get-support/courses/