

Online Course Timetable

December 2021

Courses Delivered Via **zoom**

Course	Date	Time
Coping with Christmas	Mon 6th	10.30am – 11.30am
Top Tips for Anxiety	Wed 8th	11:00am – 11:45 am
Practising Self-Care	Fri 10th	10.30am – 11.30am
Introduction to Managing Stress	Mon 13th	10:30am – 11.30am
Finding Joy through Gratitude	Tues 14th	11.00am – 11.30am
Maintaining my Wellness	Fri 17th	10:30am- 11:30am
Festive ‘Chat & Connect’	Mon 20th	10.30am – 11.30am

Interested in a course? Get in touch and register today:



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