

Finding Balance

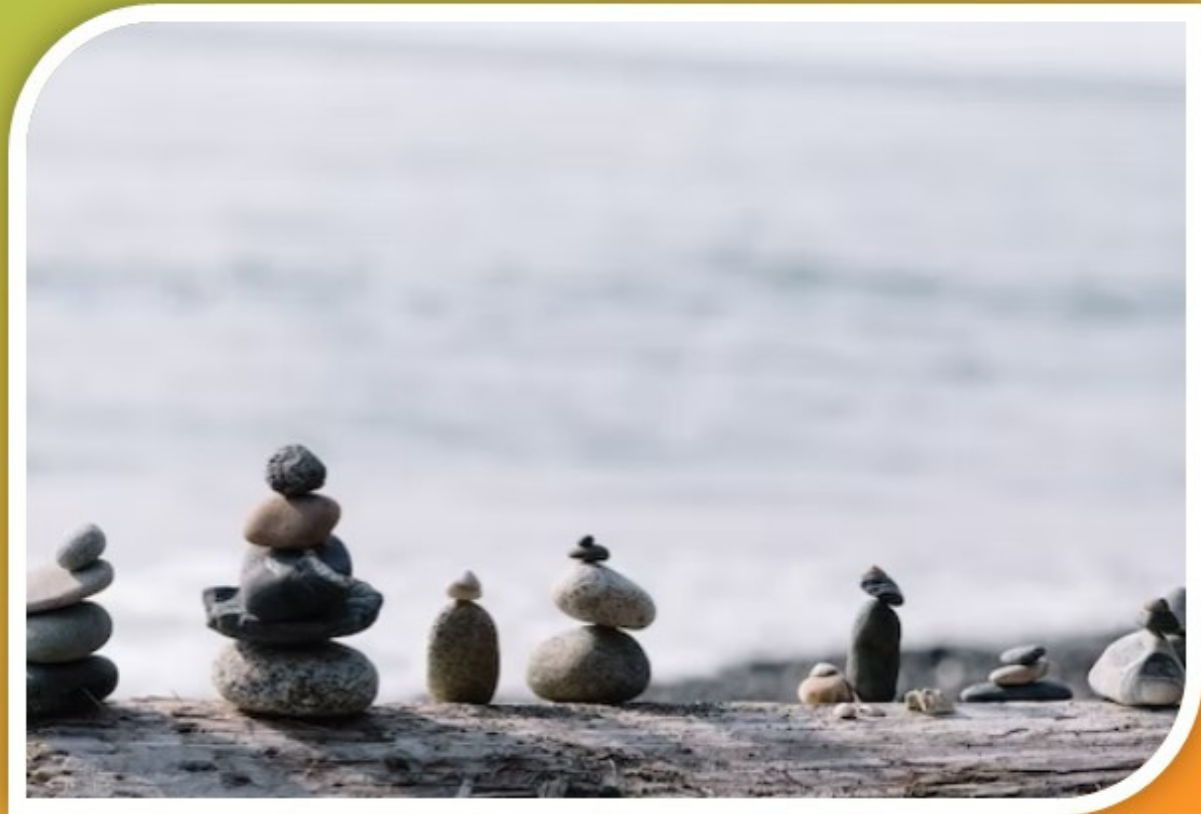
FREE Mental Health Workshop

Monday

8th

May

1-3pm



This workshop will explore balancing all aspects of our lifestyle in order to support our mental health. Providing information and practical tools it aims to equip individuals with the confidence, knowledge and skills to move forward in their lives.

To find out more and book a place click on the eventbrite icon

Eventbrite

Or contact sarahlowe@dfmh.co.uk for further information

www.dfmh.co.uk

The Greenaway Project at
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