



Wellbeing Workshop

Refreshments
provided

This **FREE**, 2 hour face-to-face workshop provides a Covid-secure, safe space to discuss how the pandemic has affected your mental health with a qualified mental health first aid trainer.

If Covid-19 has left you feeling anxious, depressed or in a low mood for any reason, including isolation, family, health or employment issues, then this workshop aims to identify helpful coping strategies. It includes a 30 minute relaxation session.

The workshops will be held 10.30am-12.30pm on:

- **Tuesday 8th June Memorial Hall, High Street, Southminster, CM0 7AA**
- **Tuesday 15th June Parish Rooms, 48 Church Street, Tollesbury, CM9 8QL**
- **Wednesday 16th June Burnham Village Hall, 2 Arcadia Road, Burnham-on-Crouch, CM0 8EF**
- **Wednesday 23rd June Fullbridge Church, 27 Fullbridge, Maldon, CM9 4LE**

Spaces are limited and pre-booking is essential

For more information and to book your place please telephone **Maldon and District CVS on 01621 851997 Mon-Fri 10am-2pm** or email admin@maldoncv.org.uk



InterAct