



FREE ZOOM WELLBEING SESSIONS

First Sunday of Each Month

4pm – 6pm

Would you benefit from a supportive online space to talk? Exploring a particular topic as well as wellbeing concerns more generally call Jayne on **01604 633304** or email: mhcs@mannahouse.org.uk for further information and to sign up.

7 th July 2024	Anger
4 th August 2024	Changes
1 st September 2024	Stress
6 th October 2024	Anxiety
3 rd November 2024	Depression
1 st December 2024	Self-awareness
5 th January 2025	Peer Support
2 nd February 2025	Forgiveness
2 nd March 2025	Awe
6 th April 2025	Mindfulness
4 th May 2025	Spirituality
1 st June 2025	Emotional Intelligence (EQ)