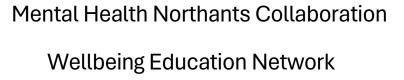
## Manna House

Counselling Service





## 2024/2025 FREE Wellbeing Courses Tuesday Mornings

| Start / End Date                                         | Time                | Number of sessions | Course Title                         |
|----------------------------------------------------------|---------------------|--------------------|--------------------------------------|
| 4 <sup>th</sup> June –<br>9 <sup>th</sup> July           | 10.30am –<br>1.00pm | 6                  | Life Transitions<br>& Self Awareness |
| 10 <sup>th</sup> September –<br>15 <sup>th</sup> October | 10.30am –<br>1.00pm | 6                  | Anger Management                     |
| 5 <sup>th</sup> November –<br>10 <sup>th</sup> December  | 10.30am –<br>1.00pm | 5                  | Stress & Emotional Resilience        |
| 7 <sup>th</sup> January –<br>11 <sup>th</sup> February   | 10.30am –<br>1.00pm | 6                  | Anxiety                              |
| 25 <sup>th</sup> February –<br>1 <sup>st</sup> April     | 10.30am –<br>1.00pm | 6                  | Depression                           |

To apply please contact Jayne by email or telephone before the start date:

Email: mhcs@mannahouse.org.uk Phone: 01604 633304

The Manna House Counselling Service 73 St Giles Street, Northampton, NN1 1JF