



**2024/2025**  
**FREE Wellbeing Courses**  
**Tuesday Mornings**

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

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

**Email:** [mhcs@mannahouse.org.uk](mailto:mhcs@mannahouse.org.uk) **Phone:** 01604 633304

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