

Manna House
Counselling Service



Serving the Community



MENTAL HEALTH
NORTHANTS
COLLABORATION

2026

Life Transitions

**A series of 4 Free Workshops
On Line**

13/10/2026 to 03/11/2026

Tuesdays 18.00—20.30

Via Zoom

**Application Forms Available
www.mannahouse.org.uk**

Wellbeing
Education
Network
confidence
progress
learn
hope
recovery
autonomy
inclusive
positive
future
peer
support
develop
resilience



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