

Manna House
Counselling Service



Serving the Community



MENTAL HEALTH
NORTHANTS
COLLABORATION

2025

Anger Management

A series of 4 Free Workshops

03/11/2025 to 24/11/2025

10.00 - 12.30

Innovation Centre



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

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

Manna House

Counselling Service



Serving the Community

Contact:

Phone: 01604 633304

Email: mhcs@mannahouse.org.uk

Address:

Manna House Counselling Service

UoN Innovation Centre

Green Street

Northampton NN1 1SY