

**Manna House**  
Counselling Service



Serving the Community

Mental Health Northants Collaboration

Wellbeing Education Network

**2025**

# **FREE Wellbeing Courses**

## **Tuesday Mornings**

<b>Start / End Date</b>	<b>Time</b>	<b>Number of sessions</b>	<b>Course Title</b>
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	Happiness Habits! (An Action for Happiness Course)

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

**Venue:** The Manna House Counselling Service

**UoN Innovation Centre, Green Street, Northampton, NN1 1SY**