Manna House
Counselling Service

Serving the Community

MENTAL HEALTH NORTHANTS COLLABORATION

2026

Coping with Depression

A series of 4 Free Workshops

On Line

17/11/2026 to 08/12/2026

Tuesdays
18.00 - 20.30



Application Forms Available
www.mannahouse.org.uk



Email: MHCS@mannahouse.org.uk

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