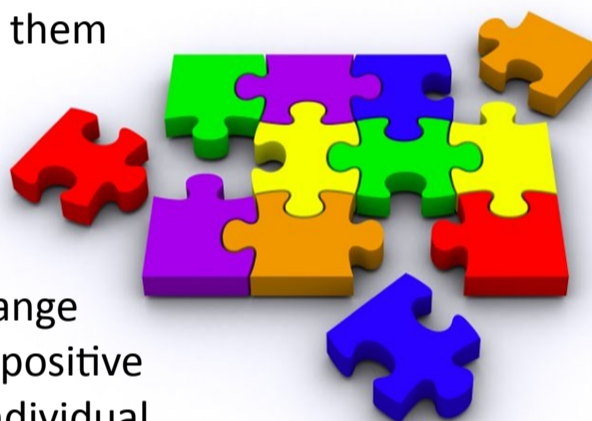


Steps to Wellbeing

This is part of our Learning in mind programme

This course focuses on what makes life worth living and how we can transform our lives for the better. You will explore the triggers that cause distress and identify ways of coping with them using the NHS Five Steps to Wellbeing.

You will investigate a variety of tools and tips to help you achieve greater emotional balance and have develop a range of life skills that will enable you to make positive choices in your life based on your own individual needs. This can have a beneficial effect on your mood and wellbeing.



Course Code:	HM1234
Date:	9th , 16th, 23rd, 30th June and 7th July(five weeks)
Time:	1:15—3:15pm
Cost:	FREE
Venue:	Redbridge Primary School, College Gardens, Ilford IG4 5HW
Enquiries:	Please call 020 8551 7429,