



2024/2025
FREE Wellbeing Courses
Tuesday Mornings

Start / End Date	Time	Number of sessions	Course Title
4 th June – 9 th July	10.30am – 1.00pm	6	Life Transitions & Self Awareness
10 th September – 15 th October	10.30am – 1.00pm	6	Anger Management
5 th November – 3 rd December	10.30am – 1.00pm	5	Stress & Emotional Resilience
7 th January – 11 th February	10.30am – 1.00pm	6	Anxiety
25 th February – 1 st April	10.30am – 1.00pm	6	Depression

To apply please contact Jayne by email or telephone before the start date:

Email: mhcs@mannahouse.org.uk **Phone:** 01604 633304

The Manna House Counselling Service

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