



## FREE ZOOM WELLBEING SESSIONS

First Sunday of Each Month

4pm – 6pm

Would you benefit from a supportive online space to talk? Exploring a particular topic as well as wellbeing concerns more generally call Jayne on **01604 633304** or email: [mhcs@mannahouse.org.uk](mailto:mhcs@mannahouse.org.uk) for further information and to sign up.

7 <sup>th</sup> July 2024	Anger
4 <sup>th</sup> August 2024	Changes
1 <sup>st</sup> September 2024	Stress
6 <sup>th</sup> October 2024	Anxiety
3 <sup>rd</sup> November 2024	Depression
1 <sup>st</sup> December 2024	Self-awareness
5 <sup>th</sup> January 2025	Peer Support
2 <sup>nd</sup> February 2025	Forgiveness
2 <sup>nd</sup> March 2025	Awe
6 <sup>th</sup> April 2025	Mindfulness
4 <sup>th</sup> May 2025	Spirituality
1 <sup>st</sup> June 2025	Emotional Intelligence (EQ)