



FREE

Self Management Workshop

8x weekly Self Management sessions starting Wednesday 7th February to 27th March 2024

**From 10am – Noon
@ Mind in Somerset**

57c High St, Shepton Mallet, BA4 5AQ

Followed by an optional 4x Peer Group Training Sessions from the 10th April to 1st of May 2024

These free workshops support people who are ready to explore with peers, their mental health and wellbeing

Closing date for applications:
31st January 2024

Your potential, your voice, your way

Elevate mood and reduce feelings of isolation
Empower you to improve your own wellbeing
Understand resilience and how to improve it
Form supportive relationships with your peers in the workshop.

Intended
for ages
18+



Book now to join us!

Leave the workshop with a toolkit of ideas to help you maintain your own wellbeing.

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watchproject.org.uk

Training designed & delivered by WATCH CIC

WATCH is part of Open Mental Health. An alliance of local voluntary organisations and the NHS. We are working in partnership to ensure that residents of Somerset get the support they need, when they need it.

