

FEEL WELL WORKSHOPS



Improving mental health, wellbeing and self-confidence.

- H Holistic services
- O Open to all
- P Person centred
- E Empowering

Workshops run throughout the year.
Book now for any of the following free
Wednesday Workshops 10.30am -12pm

- | | |
|----------------------|--|
| 12 th Jan | Difficult feelings and what we do with them. |
| 19 th Jan | Personal power and self-esteem. |
| 2 nd Feb | Self-nurture. |
| 9 th Feb | Coffee morning. |
| 2 nd Mar | Addiction: It's OK to talk about it. |
| 9 th Mar | Remaining calm in a crisis. |
| 23 rd Mar | Relaxation. |
| 30 th Mar | Coffee morning. |

Free

Book Now

The Hope Hub

Tel: 01276 581174

www.thehopehub.org.uk

Email: admin@thehopehub.org.uk

Knoll Road, Camberley, Surrey GU153SY

Registered Charity No:1176452

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Funding from



LIVING WELL WORKSHOPS



**Improving mental health, wellbeing
and self-confidence.**

- H** Holistic services
- O** Open to all
- P** Person centred
- E** Empowering

Book now for any of the free Workshops 10.30am-12 noon

- 26th Jan** **Live Creatively:** Time to relax and be creative.
- 28th Jan** **Walking to Health:** Enjoy nature. Explore locally.
- 11th Feb** **Growing Well:** Spring bulbs. Summer sowing.
- 16th Mar** **Live Creatively:** Time to relax and be creative.
- 18th Mar** **Walking to Health:** Enjoy nature. Explore locally.
- 1st Apr** **Growing Well:** Kitchen Garden.

Free

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