

# Winter/Spring workshops

healthy  
minds

Calderdale Wellbeing

**In these workshops we will explore the themes and learn practical skills to support our wellbeing through group work and discussion**

## **Managing Anxiety**

**Tuesday 18th February, 12.30-2.30, Southgate Methodist Church, Elland**

## **Managing Stress**

**Tuesday 3<sup>rd</sup> March, 12.30-2.30, Holy Nativity Centre, Mixenden**

## **Developing confidence**

**11<sup>th</sup> March, 12.30-2.30, Causey Hall, Halifax**

## **Anger Management – 3 week course**

**Tuesday 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup> March, 11.00-1.00, Causey Hall, Halifax**

**Tree of Life and Identity courses coming soon in April!**

## **Booking essential**

**For more info or to book your place**

**Call: 01422 345154**

**Email: [info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)**

**Supported by Big Lottery Fund Reaching Communities**

Healthy Minds is the operating name for Calderdale Wellbeing, a limited company registered in England & Wales.

Registered Office: 1 King St, Halifax HX1 1SR Company No: 6828871, Charity Reg: 1132316



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