

Wellbeing Workshops

Would you like to
find out more about feeling low,
worried or how to improve your
sleep?

If you are aged 11-18 , come along to one
of our free virtual workshops

**OVER THE SUMMER WE WILL BE RUNNING 5
WORKSHOPS**

1. **HOW TO RECOGNISE IF YOU ARE
FEELING LOW**
2. **TIPS TO BOOST YOUR MOOD**
3. **HOW TO IMPROVE YOUR SLEEP**
4. **WHAT IS STRESS & ANXIETY**
5. **BEATING ANXIETY IN SOCIAL
SITUATIONS**

Contact Krissie for more information
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