

Feel Good February Emotional Wellbeing Workshops

February

08

Living with Anxiety

Learn about different types of anxiety disorders how it affects the body. Learn techniques on how to manage anxiety.

February

18

Living with depression

Understanding depression, symptoms, different types. What helps, including service provision

February

24

Finding that quiet place

Self help strategies, bringing in mindfulness, breathing techniques etc. Self reflection and management

March

02

Supporting someone living with substance misuse

Understanding substance dependence and the need for self care for carers. Techniques to manage an active mind and learn to be in the present moment

All Sessions are from 7-9pm via zoom



To book a space
Email: Connections@bdact.info

www.drugsandalcohol.info