

Calming Skills Workshop



for World Mental Health Day

Learn practical ways to help manage stress, worry and anxiety at a free workshop delivered by Belfast Trust Health

Improvement Team for Belfast Trust Staff. Registration essential.



12th October,
2pm - 3.30pm,
Seminar Room 5, Elliot
Dynes, RVH

19th October
2pm - 3.30pm,
Seminar room 2, Cancer
Centre, BCH

Online sessions
12pm - 1pm
21st & 28th October

To register click/scan QR code



Calming Skills Workshop for World Mental
Health Day - Registration - Fill in form



Belfast Health and
Social Care Trust
caring supporting improving together

