

SEPTEMBER WORKSHOPS

FREE ONLINE WORKSHOPS

SCAN ME

eventbrite



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Upcoming Events

05

1 PM

Sleep Well

Develop a greater understanding of sleep and explore strategies.

12

1 PM

Maintaining Wellbeing- New parent

Maintain your wellbeing as a new parent. Discussing self-care & self-compassion.

19

1 PM

Living well with Chronic Pain

The importance of self-care management while living with Chronic Pain.

26

1 PM

Preparing for parenthood

How to maintain your wellbeing and manage expectations and changes.

28

2 PM

Building resilience

Self-awareness and how to build resilience.

Come and join us!

www.talkwandsworth.nhs.uk