



Free online Mental Health & Wellbeing Support and Training, open to all aged 18+. living and working in Leicester, Leicestershire & Rutland

VIRTUAL 'WELLBEING' SESSIONS

A series of twice-weekly drop-in sessions held every Sunday 10am-12pm and Thursday 6.30pm-8.30pm from 2nd August - 11th October 2020.

These sessions are based on the NHS recommended '5 ways to wellbeing' model and aim to support participants to learn various skills and tips to enhance their mental health and wellbeing.

'MINDFULNESS PLUS' COURSE

A structured Mindfulness course held every Monday 5.30pm-8.30pm and Wednesday 1pm-4pm from 10th August - 25th November 2020.

You will learn Mindfulness techniques aimed at increasing feelings of calm and wellbeing. The course will progress to include various other mental health applications you can use in your life and work.

To register your interest and sign-up, please visit:
<https://go-getta.org.uk/virtual-mindful-mentoring-sign-up>