



Emotional Wellbeing

Teams workshop for Bexley Carers

Is low mood affecting your everyday life? Do you feel worried all the time?

Join Laura Burke, Mind in Bexley's Training and Community Lead, as she talks about Emotional Wellbeing.

Aimed at people in a caring role, this event helps you understand the signs and symptoms of low mood and worry and develop strategies to cope.

Thursday 15 December 2022
11:00am to 12:00pm

Register at <http://bit.ly/3u7Gx4S>

www.mindinbexley.org.uk

Registered charity: 1110130

