



Free Wellbeing Course for Women

A free six-week course for a happier and more relaxed you.

When?

Thursday 9 th November	1.30pm to 2.45pm
Thursday 16 th November	1.30pm to 2.45pm
Thursday 23 rd November	1.30pm to 2.45pm
Thursday 30 th November	1.30pm to 2.45pm
Thursday 7 th December	1.30pm to 2.45pm
Thursday 14 th December	1.30pm to 2.45pm

Where?

Astrea Academy Woodfields, Weston Road, Balby DN4 8ND

Join us to explore;

- ❖ **Emotional Self-care** – Emotional self-care allows us to take time for the benefit of our health and well-being.
- ❖ **Thinking about putting your own needs first** - building your resilience.
- ❖ **Being more assertive and setting boundaries** – so that you can communicate better and more effectively at home and work.
- ❖ **Stress and relaxation techniques** – learning new skills for a more relaxed you.
- ❖ **Build resilience and recover from trauma** – To move forward in your life.

Come and join us for these relaxed, friendly and supportive sessions – tea and coffee will be provided!