

# WELLBEING WORKSHOPS

**MONDAYS: 1.30PM-3PM**

**FREE: JUST TURN UP!**

- 29 JAN: HOW TO BEAT ANXIETY**
- 5 FEB: OVERCOME NEGATIVE THOUGHTS**
- 12 FEB: PAINTING FOR WELLBEING\***
- 19 FEB: HOW TO DE-STRESS YOUR BODY**
- 26 FEB: HOW TO SLEEP WELL**
- 4 MAR: GET ANGER UNDER CONTROL**
- 11 MAR: WRITING FOR WELLBEING\***

**\*\*\*EASTER BREAK: 3 WEEKS\*\*\***

- 8 + 15 APR: BOUNCE BACK FROM THE BLUES (PT. 1 + 2)**
- 22 APR: UNDERSTANDING YOUR EMOTIONS**
- 29 APR: COPING WITH CHRONIC PAIN**

**\*\*\*BANK HOLIDAY 6 MAY: NO SESSION\*\*\***

- 13 MAY: OVERCOMING LOW SELF-ESTEEM**
- 20 MAY: WALKING FOR WELLBEING**



**IN THE CHURCH HALL**

**ST GERMAIN'S CHURCH, CITY ROAD, EDGBASTON B17 8LE**

**wellbeinghub@stgermains.org.uk / 0121 517 0476**

**www.stgermains.org.uk/wellbeing**

JUST  
DROP IN



ST GERMAIN'S  
WELLBEING

FREE

FEELING LOW? WORRIED? ANGRY? STRESSED?

COME TO ONE (OR MORE!) OF OUR \*FREE\*  
**WELLBEING WORKSHOPS**

LEARN COPING SKILLS ~ DISCUSS ~ MAKE FRIENDS

**MONDAYS**  
**1.30PM-3PM**

“ I could  
talk without feeling  
judged. I learned  
new useful  
techniques to help  
with my anxiety ”



COMMUNITY CAFE  
OPEN FROM 11.30AM



JUST DROP-IN: NO NEED TO BOOK

**TURN OVER FOR TOPICS + DATES!**