



Surviving being a Military Partner

First session starting Tuesday, March 5:

To register your interest and to receive sign up details
email anchoringminds@solentmind.org.uk, call 023
8038 3920, or sign up online: bit.ly/iTalkWellbeing


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 ROYAL NAVY &
ROYAL MARINES
CHARITY

Our online course is an opportunity to meet other military partners and learn tips for managing your wellbeing.

The 4 session course has been developed by practitioners who are military partners themselves, for anyone who is in a relationship with a serving member of the armed forces.

(Please note this is for those registered with a GP wider Hampshire area excluding Portsmouth, Southampton, Farnborough and Fleet)

Every Tuesday 18:00 – 19:30

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This workshop is being run by your local IAPT service iTalk in collaboration with Anchoring Minds.

