

Portsmouth Wellbeing Centre

September Re-start Dates

Groups:	Dates:
Depression and Low Mood	10/09/19
Anxiety and Stress (Tuesday)	10/09/19
Mindfulness for Daily Living	10/09/19 24/09/19
Assertiveness and Self Esteem	11/09/19
Life Skills (Wednesday)	11/09/19
Life Skills (Tuesday)	17/09/19
Anxiety and Stress (Wednesday)	25/09/19

Please refer to our Autumn Timetable for times and locations of these groups.

If you are interested in attending or have any questions, please contact our friendly team using the details below.

Portsmouth Wellbeing Centre

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