

Free

Wellbeing Toolkit

Health
in Mind

Open to residents
of NE Edinburgh!

A series of 6 weekly workshops to learn and practise tools for managing anxiety, depression, stress, isolation and self-care

Where: Leith Community Education Centre

When: Thursdays 10.15 - 11.45 am

Start date: 5th May 2022

Contact us for more information and to book a place:

Email: edinburgh@health-in-mind.org.uk

Call: 0131 225 8508 (Ask for Aynsley)

www.health-in-mind.org.uk   

Thrive Connect Partnership

Working together to provide you with the right support at the right time.

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your way to a brighter future

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in mind
scotland
action for people affected by mental illness

 Health
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