

Free Webinar

Wellbeing support for aloneness

Develop skills which supports feeling isolated during the currnet Covid – 19 climate



Virtual learning via Zoom

This is for participants who identify with loneliness and would like to learn tools and techniques that support own wellbeing.

By attending a one of these sessions your will be able to:-

- Identify the characteristics of loneliness
- Recognise common factors and symptoms of loneliness
- The link between stress and loneliness
- Identify coping mechanisms and develop skills in maintaining emotional balance
- Identify and develop skills in the practice of the 5 ways to wellbeing
- Develop skills in mindfulness practice

Date:	Monday	22nd February	2.00pm – 3.30pm
	Wednesday	17th March	10.00am – 11.30am
	Monday	22nd March	10.00am – 11.30am

If you would like to attend one of these free webinars please email your contact details and selected date to

training@mind-blmk.org.uk

Enquires telephone: 0788 1248 780