

FREE EMOTIONAL WELLBEING WORKSHOPS



We are happy to offer a range of workshops to help improve your mental well-being.

All our 60-90 minute workshops are free, and you can register for as many workshops as you would like. There is no pressure to talk or share experiences, we will guide you through.

These informal 'talks' give you space to reflect on how you are feeling, learn more about a range of common difficulties and introduces techniques to overcome them.

We can also help you understand when and where to get more help.

This is a place to start if you're not sure how psychological therapies might help you. *Available to anyone over 16 and registered with a Wakefield and 5 towns GP

talking.turning-point.co.uk
or by calling us on
01924 234 860

WELLBEING WORKSHOPS

- Anxiety & Worry
- Menopause & Me
- Mindfulness
- Supporting Loved Ones
- Positive Body Image
- Emotional Eating
- Loneliness & Isolation
- Improving Sleep
- Combating Low Mood
- Living with Chronic Health Conditions
- Managing Work Stress
- Managing Anger & Irritability
- Grief and Depression
- Being Kind to Yourself
- Plus much more



Wakefield District
Health & Care
Partnership



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