Mental Wellbeing Workshops

As part of the Flourishing Minds project we're delivering free, online workshops for adults in Blackburn with Darwen. These are stand alone, one hour sessions so you can attend one or both of the workshops.

Our Five Ways to Wellbeing workshop looks at how we can improve our mental wellbeing and build our resilience.

Delivery dates are:
12th August, 10am-11am
27th August, 4pm-5pm
9th September, 10am-11am
24th September, 4pm-5pm

Our Stress Buster workshop highlights the importance of recognising the signs of stress and identifies techniques we can use to self manage stress.

Delivery dates are:
20th August, 4pm-5pm
2nd September, 10am-11am
17th September, 4pm-5pm
30th September, 10am-11am

You can book your place on the Lancashire Mind website: www.lancashiremind.org.uk/lists/1-events

For more detail on wellbeing support in Blackburn with Darwen contact wellbeing@blackburn.gov.uk

mind for better mental health Lancashire

Blackburn with Darwen WELLBEING SERVICE

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one voice BLACKBURN

BLACKBURN with DARWEN BOROUGH COUNCIL