

# FREE EMOTIONAL WELLBEING WORKSHOPS

APRIL | MAY

Delivered by qualified therapists and co-produced by experts by experience, our informal workshop sessions have been designed to provide you with useful techniques and coping strategies to help improve your mental health and wellbeing. As well as providing you with useful information about common mental health symptoms.

To access you need to be aged 16+ and be registered with a Wakefield or Five Towns GP.



For more information and to book your place onto any workshop, scan the QR code, or contact us on the below:

 [talking.turning-point.co.uk/workshops](https://talking.turning-point.co.uk/workshops)

 01924 234 860

 [wakefield.talking@turning-point.co.uk](mailto:wakefield.talking@turning-point.co.uk)

## BOOSTING LOW SELF ESTEEM

Sun 18th Apr: 13:00pm - 14:30pm

## COMBATTING LOW MOOD

Sun 7th Apr: 11:30am - 13:00pm

Thurs 16th May: 12:30pm - 14:00pm

## COPING WITH WORK STRESS

Thurs 18th Apr: 18:00pm - 19:30pm

## CONTROLLING FINANCIAL WORRIES

Thurs 16th May: 13:30pm - 14:30pm

(Socialicious Recovery Hub - WF1 1PN)

## EMOTIONAL EATING

Sun 5th May: 11:30am - 13:00pm

## EXPLORING GRIEF AND DEPRESSION

Sun 14th Apr: 11:30am - 13:00pm

## HOW TO BE KIND TO YOURSELF

Sun 21st Apr: 13:00pm - 14:30pm

## IMPROVING SLEEP

Sun 21st Apr: 11:30am - 13:00pm

## INTRODUCTION TO MINDFULNESS

Sun 12th May: 11:30am - 13:00pm

## KEEP MOVING FORWARD

Tues 30th Apr: 14:00pm - 15:30pm

## LIVING IN UNCERTAIN TIMES

Sun 28th Apr: 11:30am - 13:00pm

## LIVING WITH CHRONIC PAIN

Sun 5th May: 13:00pm - 14:30pm

## MANAGING ANGER & IRRITABILITY

Thurs 11th Apr: 13:30pm - 14:30pm

(Socialicious Recovery Hub - WF1 1PN)

## MANAGING ANXIETY & WORRY

Sun 7th Apr: 13:00pm - 14:30pm

Tues 14th May: 12:30pm - 14:00pm

## MANAGING EXAM STRESS

Sun 12th May: 13:00pm - 14:30pm

## MENSTRUAL HEALTH & MOOD

Sun 14th Apr: 13:00pm - 14:30pm

## MINDFUL PREGNANCY - MANAGING ANXIETY & CONNECTING WITH BABY

Fri 5th Apr: 10:00am - 12:00pm

Fri 31st May 10:00am - 12:00pm

## MINDFUL PREGNANCY - COPING WITH STRESS & POSITIVE BIRTH

Fri 24th May: 10:00am - 11:30am

## NAVIGATING RELATIONSHIP BREAKDOWNS

Sun 26th May 13:00pm - 14:30pm

## NEURODIVERGENCE & WELLBEING

Wed 3rd Apr: 14:00pm - 15:30pm

## OVERCOMING PANIC ATTACKS

Sun 26th May: 11:30am - 13:00pm

## POSITIVE BODY IMAGE

Sun 19th May: 13:00pm - 12:30pm

## SUPPORT FOR LOVED ONES

Sun 19th May: 11:30am - 13:00pm

## STRESS AS A PARENT

Wed 1st May 10:00am - 11:30am

\*All are delivered via TEAMS, unless otherwise stated.

We plan workshops  
3 months in advance.  
For more dates  
visit the website.