

WELLBEING SESSIONS

A series of free to access Wellbeing Sessions in the Autumn Term 2023. Places are available by referral. The activities are part of our Positive Activities partnership with South Yorkshire Housing Association



WEEKLY GROUPS at Scotia Works, Leadmill Rd S1 4SE

Space to Breathe

Our Weekly Mindfulness and Safe Space for Wellbeing every Wednesday from 18th October
3.30pm for a drink and chat, 4pm start, finish by 5pm

FREE COURSES at Scotia Works, Leadmill Rd S1 4SE

Wellbeing Zones

Our Wellbeing Zones are face-to-face supportive groups where you can learn creative and useful tools that will help you build stronger mental health and improve your wellbeing.

These groups will cover:

Self Awareness
Learning Mindfulness
Relieving Anxiety
Building Resilience

Fridays at 2pm on 27th October, 3rd, 10th, 17th, 24th November
Sessions are one hour.

Meditation and Reflection for Wellbeing Day

A day to learn wellbeing tools and techniques to help us be more reflective and more self-aware, helping us manage anxiety and depression.

Saturday 2nd December 9.30-4pm (lunch provided)

Places are limited and need to be booked.

Visit

<https://spacetobreatheuk.com/positive-activities>

use the QR Code left or

email

info@spacetobreatheuk.com



LEARN MINDFULNESS WITH SPACE TO BREATHE

A series of free to access Mindfulness sessions in the Autumn Term 2023. Part of our Positive Activities partnership with South Yorkshire Housing Association.

WEEKLY ONLINE GROUPS

"Time to Breathe"

Our weekly online Mindfulness sessions give you 30 minutes of reflective time as we learn and experience different Mindful activities and meditations together. Expect calming spaces, beautiful images and videos, calming music and thought and time to reflect and to learn to be more present in your lives.

Sessions are free and thirty minutes long.

Sessions are every Thursday at 4pm and can be accessed via Zoom, beginning 28 September. Sessions will also be recorded as short videos you can access on YouTube.

For more information visit
<https://spacetobreatheuk.com/positive-activities>
use the QR Code below or
email
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(space to
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South
Yorkshire
Housing
Association

