Coping with Christmas

10.30AM-12.30PM FRIDAY 8TH DECEMBER

If you're going to find Christmas a challenge,
If you find you remember people at this time of year
If winter leaves you feeling a little low
This event is for you.

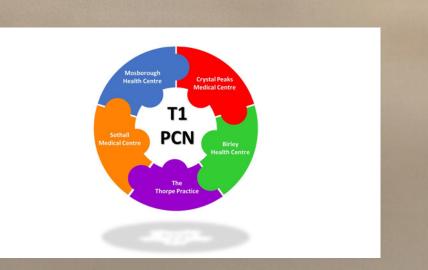
Expect wellbeing tools & ideas, creative arts and group activities to help your thinking.

To book in visit

www.spacetobreatheuk.com/events/coping or ring PCN helpline number 0114 2510300.

Event will be held at Art Space at Crystal Peaks Shopping Centre





space to breathe