

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**

