

Part of the SYHA Positive  
Activities project

(space to  
breathe)

# YOUR WELLBEING

# your way

**MENTAL HEALTH RECOVERY EDUCATION COURSE**

**TUESDAYS 11AM - 1PM**

**AT SCOTIA WORKS, LEADMILL ROAD**

**9TH, 16TH, 23RD, 30TH APRIL 2024**

This 4 week course has been designed by & is facilitated by people with a range of lived experiences of mental health challenges.

Join us to:

- explore what recovery means to you & what is needed to make it a reality
- learn new skills & personal strategies to help take control of your own wellbeing
- be a part of our non-judgemental & supportive peer community & learn from each other

### HOW TO REGISTER:

If you are **over 18**, live in the **Sheffield** area & are willing to **respect a group agreement** that we will create together in the first session please contact

[FRAN@SPACETOBREATHEUK.COM](mailto:FRAN@SPACETOBREATHEUK.COM)

for further details & secure your place

