

Want to improve your wellbeing?

We provide **free** health-related educational courses for adults in supportive and accessible learning spaces. Through education, people can make sense of their experiences and learn how to take care of themselves.

Join our **free** Virtual courses

Course	Date	Time	Venue
Nurture in Nature	Thurs, 24 Sept	11am to 1pm	MS Teams
Introduction to Exploring Psychosis	Wed, 30 Sept	1 to 2pm	MS Teams
Royal Literary Fund – Writing for Self Expression	Wed, 30 Sept & 7, 14, 21, Oct	11am to 12.30pm	MS Teams
Mental Health Toolkit	Thurs, 1 Oct	11am to 1pm	MS Teams
Goodbye to Clutter	Thurs, 15 & 22 Oct	11am to 1pm	MS Teams
Discovering Your Inner Strength & Potential	Thurs, 12 & 19 Nov	11am to 1pm	MS Teams
Create a Better Christmas	Wed, 18 Nov	11am to 1pm	MS Teams
Understanding How I Learn	Thurs, 26 Nov	11am to 1pm	MS Teams
Creativity for Wellbeing – Starlights	Thurs, 3 Dec	11am to 1pm	MS Teams
Winter Wellbeing	Thurs, 10 Dec	11am to 1pm	MS Teams

Contact: kmmh.virtualrc@nhs.net

Use the QR code to register
Or call: 07789 944230

