

Mind Matters

A short interactive online course to help us all maintain good mental health during these challenging times.

Monday to Friday - 30 minutes per day

Mindfulness & Meditation

Explore the health benefits of Mindfulness and Meditation. To help with stress, anxiety and symptoms of depression.

Twice a week for 4 weeks - 30 minute sessions

Positive Me

Could your self-esteem do with a boost? Has your self-confidence taken a knock during lockdown? If so, this great little course is perfect for you.

Once a week for 8 weeks - 30 minute Sessions

To book onto any of these courses, please search

www.worcestershire.gov.uk/courses

