

WELLNESS

RECOVERY

HEALTH

The Nova team are pleased to offer a selection of workshops and activities which cover different topics facilitated through Zoom, where we can have fun and learn by sharing ideas and techniques to successfully manage mental health and wellbeing.

Date and Time	Topic and description	Venue
<h2>October</h2>		
Thursday 1st 2pm to 3pm	WRAP—Wellness toolbox In this workshop we will look at what a wellness toolbox is and how we can each make our own one.	Zoom meeting
Tuesday 6th 10am to 12pm	POWWOW—Self Esteem This POWWOW focuses on what creates and impacts on self-esteem. It includes exploring some ways that can help you recognise your strengths and weaknesses.	Zoom meeting
Thursday 8th 1pm to 2pm	Walk and Talk Bingo—Spooky Fill in your spooky bingo board and then come for a chat about all the spooky goings on you found.	Zoom meeting
Tuesday 13th 10am to 12pm	POWWOW—Relaxation Explore the importance of relaxation and the positive effects it has on our mental health.	Zoom meeting

To book please contact your worker or complete a booking form which you can request by email at aberdeen.nova@penumbra.org.uk .

If you are feeling overwhelmed, confused or in crisis our Aberdeen 1st Response service can support you to find ways to successfully resolve the crisis situation and plan for the future.

**Call or email us Monday to Friday 9am to 5pm on
0800 2343695 or aberdeen1stresponse@penumbra.org.uk**

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Thursday 15th 11am to 12pm	Step into Recovery—Anxiety Come and have a chat with us about identifying our thoughts and discussing techniques that we can use to reduce anxiety.	Zoom meeting
Tuesday 20th 11am to 1pm	POWWOW—Let's be positive Learn what it means to have a positive frame of mind and explore ideas on how to stay positive during difficult times.	Zoom meeting
Thursday 22nd 2.30pm to 3.30pm	Step into Recovery—Managing time Come to see us and have a chat around how we can think about managing our time.	Zoom meeting
Tuesday 27th 10am to 12pm	16—30 POWWOW—Sleeping Well Join us for a workshop for young people aged 16—30 where we look at the difficulties faced with sleep and learn some new strategies to get better sleep hygiene.	Zoom meeting
Thursday 29th 10am to 12pm	Creative Expression—Journaling and inspiration boards Come join us while we have a look at how we can use Journaling and inspiration boards to manage our mental health.	Zoom meeting

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