**CITY CLUSTER WELLBEING WORKSHOPS**

|  |  |  |
| --- | --- | --- |
| Date | Time | Workshop |
| Aug 19th 2024  Monday | 10-12pm online (Zoom) | Anxiety |
| Aug 20th 2024  Tuesday | 10-12pm online  (Zoom) | Pain Management |
| Sept 11th 2024  Wednesday | 10-12pm online  (Zoom) | Sleep Hygiene |
| Sept 12th 2024  Thursday | 10-12pm online  (Zoom) | Coping Skills |
| Oct 3rd 2024  Thursday | 10-12pm online  (Zoom) | Stress Management |
| Oct 4th 2024  Friday | 10-12pm online  (Zoom) | Mindfulness |
| Oct 15th 2024  Tuesday | 10-12pm online  (Zoom) | Anxiety |
| Nov 7th 2024  November | 2-4pm In person  148 St Helens Rd | Pain Management |
| Nov 7th 2024  November | 10-12pm online  (Zoom) | Sleep Hygiene |
| Nov 14 2024  Thursday | 2-4pm In person  148 St Helens Rd | Coping Skills |
| Dec 5th 2024  Thursday | 2-4pm In person  148 St Helens Rd | Stress Management |
| Dec 10th 2024  Tuesday | 2-4pm In person  148 St Helens Rd | Mindfulness |
| Jan 9th 2025  Thursday | 2-4pm In person  148 St Helens Rd | Anxiety |
| Jan 16th 2025  Thursday | 2-4pm In person  148 St Helens Rd | Mindfulness |
| Feb 11th 2025  Tuesday | 2-4pm In person  148 St Helens Rd | Stress Management |
| Feb 18th 2025 Tuesday | 2-4pm In person  148 St Helens Rd | Sleep Hygiene |