A close-up of a building

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City Cluster Counselling Service

FREE Coping Skills Workshop

* Our coping skills workshop is designed to provide you with practical tools and a supportive community to navigate life's challenges.
* Whether you're dealing with stress, anxiety, or simply looking to bolster your resilience, this workshop will offer a compassionate space for growth and healing.
* Throughout the workshop, participants will engage in a variety of activities and discussions aimed at identifying personal stressors and exploring effective coping mechanisms.
* From mindfulness exercises and breathing techniques to journaling and positive affirmations, each session is crafted to help you discover what works best for you.
* Our experienced facilitators will guide you with empathy and understanding, ensuring that you feel heard and supported every step of the way.
* By the end of the workshop, you'll not only have a toolkit of practical coping strategies but also the confidence to implement them in your daily life.

12th September 2024   10-12pm

Online - Via Zoom

To book onto the workshop please:

Email [Admin@jaclewisfoundation.co.uk](mailto:Admin@jaclewisfoundation.co.uk)

Call or Text 03301336510