NHS South West London and St George's Mental Health NHS Trust

Eventbrite

Uplift Merton

NHS MERTON TALKING THERAPIES (AKA MERTON UPLIFT) APRIL WORKSHOPS

LIMITED PLACES AVAILABLE BOOK YOUR PLACE TODAY!

CONTACT: 020 3513 5888 | EMAIL: MertonWellbeing@swlstg.nhs.uk | Book direct on Eventbrite: Merton Uplift events. All workshops are FREE of charge and available for those aged 18+ and a Merton resident or registered with a Merton GP

WELLBEING

RELAXATION AND MINDFUL WALK
WEDNESDAY 10TH APRIL|11.00-12.00|MORDEN HALL PARK
LIVING WELL WITH DIABETES
FRIDAY 12TH APRIL|11.00-12.30|ONLINE
COPING WITH STRESS
MONDAY 15TH APRIL |13.00-14.30|ONLINE
MANAGING ANGER
TUESDAY 23RD APRIL|11.00 - 12.30|ONLINE
LIFTING YOUR MOOD
TUESDAY 30TH APRIL|11.00-12.30|ONLINE

EMPLOYMENT

GETTING BACK TO WORK
WEDNESDAYS 10TH & 17TH APRIL|11.00-12.30|ONLINE
STAYING WELL AT WORK
TUESDAY 23RD & 30TH APRIL|17.30-19.00|ONLINE

RECOVERY COLLEGE

MANAGING SLEEP
WEDNESDAY 24TH APRIL|13.00-14.30|ONLINE
BUILDING SELF-CONFIDENCE
MONDAY 29TH APRIL|10.30-12.00|ONLINE

MindSpace Merton Libraries

nextdoor NHS-Merton Uplift

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merton-uplift-wellbeing

02035135888