



NHS MERTON TALKING THERAPIES WELLBEING TEAM OCTOBER WORKSHOPS

LIMITED PLACES AVAILABLE BOOK YOUR PLACE TODAY!

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

COPING WITH STRESS

FRIDAY 9TH OCTOBER | 12.00- 13.30 | WIMBLEDON LIBRARY

EXPLORING LONELINESS AND ISOLATION

MONDAY 12TH OCTOBER | 12.30-14.00 | ONLINE

RELAXATION AND MINDFUL WALK

WEDNESDAY 14TH OCTOBER | 11.00-12.00 | MORDEN HALL PARK

RELAXATION TECHNIQUES

WEDNESDAY 21ST OCTOBER | 10.30-12.00 | ONLINE



nextdoor

"Wellbeing Team- NHS
Merton Talking
Therapies"



"Merton Talking
Therapies"



@mertontalkingtherapies



02035135888