

WHERE IT'S AT

a *Community* Connection Project

November 2021

Wellbeing Toolkit Session

S2R are offering this session online, via Zoom:
Wednesday 24th November, 3pm - 4:30pm

The past couple of years have seen huge changes to the way we work, and many of us are helping people experiencing challenges and acute distress. In these difficult circumstances, it is vital that we take the time to care for our own physical and mental wellbeing.

This session will teach you ways to help:

- ⇒ Manage stress and anxiety
- ⇒ Practice self-care
- ⇒ Build emotional resilience

If you would like to book a place on this session please email contact@s2r.org.uk