



NHS MERTON TALKING THERAPIES WELLBEING TEAM JUNE 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

WELLBEING FOR NEW PARENTS

TUESDAY 3RD JUNE | 11.30-13.00 | ONLINE

WELLBEING FOR CARERS

TUESDAY 10TH JUNE | 11.00-12.30 | ONLINE

RELAXATION AND MINDFUL WALK

WEDNESDAY 11TH JUNE | 11.00-12.00 | MORDEN HALL PARK

LIVING WELL WITH PAIN

TUESDAY 24TH JUNE | 12.00-13.30 | ONLINE

COPING WITH STRESS

MONDAY 30TH JUNE | 12.00-13.30 | ONLINE

TALKING THERAPIES RECOVERY COLLEGE

EXPLORING IDENTITY AND VALUES

WEDNESDAY 18TH JUNE | 12.00-13.30 | ONLINE



"Wellbeing Team- NHS
Merton Talking Therapies"

"Merton Uplift- Merton
Talking Therapies"

@mertontalkingtherapies

02035135888