



# NHS MERTON TALKING THERAPIES WELLBEING TEAM JUNE WORKSHOPS

LIMITED PLACES AVAILABLE BOOK YOUR PLACE TODAY!

CONTACT: 020 3513 5888 | EMAIL: [MertonWellbeing@swlstg.nhs.uk](mailto: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

## MANAGING SLEEP

THURSDAY 4<sup>TH</sup> JUNE | 10.30-11.30 | ONLINE

## WELLBEING FOR CARERS

MONDAY 8<sup>TH</sup> JUNE | 14.00-15.00 | ONLINE

## RELAXATION AND MINDFUL WALK

WEDNESDAY 10<sup>TH</sup> JUNE | 11.00-12.00 | MORDEN HALL PARK

## MANAGING STRESS

THURSDAY 18<sup>TH</sup> JUNE | 13.00-14.00 | ONLINE

## WELLBEING IN RETIREMENT

WEDNESDAY 24<sup>TH</sup> JUNE | 11.00-12.30 | ONLINE

## TALKING THERAPIES RECOVERY COLLEGE

## BUILDING SELF-CONFIDENCE

TUESDAY 16<sup>TH</sup> JUNE | 10.30-12.00 | ONLINE



nextdoor

"Wellbeing Team- NHS  
Merton Talking  
Therapies"



"Merton Talking  
Therapies"



@mertontalkingtherapies



02035135888