



NHS MERTON TALKING THERAPIES WELLBEING TEAM MAY 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

SELF-CARE & RELAXATION TECHNIQUES

FRIDAY 8TH MAY | 10.30-12.00 | ONLINE

MENTAL HEALTH AWARENESS WEEK WORKSHOP: TAKING CARE OF OUR MENTAL HEALTH

TUESDAY 12TH MAY | 10.00-11.30 | COLLIERS WOOD
LIBRARY

RELAXATION AND MINDFUL WALK

WEDNESDAY 13TH MAY | 11.00-12.00 | MORDEN HALL
PARK

UNDERSTANDING ANXIETY

MONDAY 18TH MAY | 10.30-12.00 | ONLINE

LIFTING YOUR MOOD

THURSDAY 21ST MAY | 13.00-14.00 | ONLINE



nextdoor

"Wellbeing Team- NHS
Merton Talking
Therapies"



"Merton Talking
Therapies"



@mertontalkingtherapies



02035135888