

Booking essential: [moraywellbeinghub.org.uk](http://moraywellbeinghub.org.uk)

Courses FREE unless stated - £5 registration fee (refundable for some courses) for MWH courses



Course	Location	Times	Run in partnership by
Parenting Matters.	Cumming Hall, <b>Kinloss</b>	8-week course. 6:30-8:30pm Mondays from <b>24th September</b>	MWH, Parent Network Scotland, 39 Engineer Regiment Welfare Team
Parenting Matters	Phoenix Centre, <b>Buckie</b>	8-session course. 10am-12noon Fridays from <b>16th November</b>	MWH, Parent Network Scotland



Living Life to the Full (LLTF)	Cedarwood Day Centre, <b>Elgin</b>	8-week course. 7-8:30pm Mondays from <b>24th September</b>	MWH, Health & Social Care Moray
Living Life to the Full (LLTF)	Community Room, Tesco, <b>Forres</b>	8-week course. 7-8:30pm Mondays from <b>24th September</b>	MWH, Health & Social Care Moray



Wellness Recovery & Resilience Action Planning (WRAP)	MH and Wellness Centre, <b>Elgin</b>	8-week course. 5:50-8:20pm Wednesdays from <b>3rd October</b>	MWH, Moray Mental Health and Wellness Centre
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Money Matters	Cumming Hall, <b>Kinloss</b>	4-week course. <b>Start date to be confirmed</b>	MWH, Forres Area Credit Union, Moray Council, 39 Engineer Regiment
Money Matters	Phoenix Centre, <b>Buckie</b>	4-week course. 1:30-3:30pm Tuesdays from <b>30th October</b>	MWH, Forres Area Credit Union, Moray Council



safeTALK – Suicide Awareness	Sports & Community Centre, <b>Keith</b>	9am-1pm <b>Saturday 27th October</b>	MWH, Moray Council
safeTALK – Suicide Awareness	<b>Findhorn / Forres</b>	2pm-5.30pm, <b>Tuesday 23<sup>rd</sup> October</b>	MWH, Findhorn Foundation

Honest, Open & Proud	<b>TBC</b>	<b>TBC</b>	MWH, Scottish Recovery Network
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Supportive creative writing	<b>Forres / Elgin</b>	<b>TBC</b>	MWH
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**Wellness  
Courses external  
to Moray  
Wellbeing Hub**

POWWOW's wellbeing workshops	<b>Elgin</b>	'Stay Well September' 11-18 <sup>th</sup>	Moray Mental Health & Wellness Centre.
Branching Out, Elgin	<b>Elgin</b>	1 <sup>st</sup> Oct – 17 <sup>th</sup> Dec, 12-3pm.	Earth for Life
Mindfulness drop-in classes	Seaforth Club, <b>Nairn</b>	Monthly first Tue. 6:30-8.30pm £7	Mindful Forces