

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



**Open to book: February start**



Course	Location	Times	Run in partnership by
Peer2Peer for practitioners pilot - Peer-support skills training (intensive version)	Moray Resource Centre, Elgin	8-10 weeks, 4 contact sessions & self-study: <b>Thurs 24<sup>th</sup> January, 5.45pm</b>	MWH
Parenting Matters - support by parents for parents	Moray Resource Centre, Elgin	8-weeks 10am-12pm Fridays from <b>1<sup>st</sup> February</b>	MWH, Parent Network Scotland, Health and Social Care Moray
Living Life to the Full (LLTTF) - CBT based peer-support for change	Phoenix Centre, Buckie	8-weeks 11am-12.30pm Fridays from <b>8<sup>th</sup> February</b>	MWH, Health & Social Care Moray
Honest Open & Proud - Peer-led exploration of who & how to share your life challenges with	Dunbarney House, Elgin	One evening and full day. 6pm-8.30pm <b>Friday 15<sup>th</sup></b> & 10am-3.30pm <b>Saturday 16<sup>th</sup> February</b>	MWH, Scottish Recovery Network, Mental Health Foundation
Coyote Creative - Work & play with film & music/sound production for wellbeing!	Moray College, Elgin	Two groups (8 people max on each). Eve: 6pm starts <b>Wed 20<sup>th</sup> Feb</b> Day: 2pm starts <b>Friday 22<sup>nd</sup> Feb</b>	Coyote Creative, MWH Venue and promotion support: Moray College UHI, Health & Social Care Moray

## One off community events

Getting in on the Act - Community-led Health	Elgin Town Hall, Elgin	9.30am-12.30pm, Friday <b>25<sup>th</sup> January</b>	CHeX, tsiMORAY, MWH,
Time to Talk day 2019	Moray College, Elgin	Thursday <b>7<sup>th</sup> February</b> – times TBC	MWH, Moray College, See Me
Grampian self-management network: - Quarterly, all welcome with an interest in subject	Harvest Centre, Elgin	10am-1pm, Thursday <b>28<sup>th</sup> February</b>	This event hosted by: MWH, Scottish Recovery Network, tsiMORAY. Administered by: NHS Grampian, Health and Social Care Moray