



MARCH *matters*

Make your mental wellbeing matter this March! We have a range of group workshops on developing healthy ways to face and overcome challenges. Come and join us at the Mental Health & Wellness Centre as we step into Spring!

Date	Activity	Activity
Saturday 9th March 10:30 - 12:30	Anxiety Matters	How anxiety affects you & how to overcome it
Monday 11th March 14:00 - 16:00	Assertiveness Matters	Feel more confident to express yourself
Saturday 16th March 10:30 - 12:30	Fitness Matters	Ways to improve your wellbeing through physical activity
Monday 18th March 14:00 - 16:00	Self Esteem & Confidence	Take control over your thoughts, feelings & actions
Thursday 21st March 10:30 - 12:30	Healthy Relationships	Recognise relationships which benefit or negatively impact you
Saturday 23rd March 14:00 - 16:00	Stigma	Overcome stigma to live a life free of judgment
Tuesday 26th March 10:30 - 12:30	Anxiety Matters	How anxiety affects you & how to overcome it
Friday 29th March 14:00 - 16:00	Self Management	Being in control, making decisions & taking responsibility

For more information & to book a place, please contact:
Mental Health & Wellness Centre, 30-32 Batchen Street, Elgin
T | 01343 556 191 E | moraywellnesscentre@penumbra.org.uk



@MorayMentalHealth



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