



# Be The Change

*Think Positive - Talk Positive - Feel Positive*

Make your mental wellbeing matter this May! We have a range of group workshops on developing healthy ways to face and overcome challenges for Mental Health Awareness Week.

Date	Activity	Venue
Monday 13 <sup>th</sup> May 11:00 – 13:00	<b>I Matter</b> – Exploring our self-worth so that we feel more confident	Mental Health & Wellness Centre
Tuesday 14 <sup>th</sup> May 15:00 – 17:00	<b>Self-harm to Self-love</b> – Exploring coping strategies and alternatives	Mental Health & Wellness Centre
Wednesday 15 <sup>th</sup> May 11:00 – 13:00	<b>Sleep Well Be Well</b> – Prepare for a better night's sleep	Mental Health & Wellness Centre
Thursday 16 <sup>th</sup> May 14:00 – 16:00	<b>Anxiety Matters</b> – how anxiety affects you and how to overcome it	Mental Health & Wellness Centre
Saturday 18 <sup>th</sup> May 14:00 – 16:00	<b>Assertiveness Matters</b> – Finding your voice and expressing yourself	Mental Health & Wellness Centre
Tuesday 21 <sup>st</sup> May 14:00 – 16:00	<b>MENTion It</b> – Getting men talking openly about mental health	Mental Health & Wellness Centre
Wednesday 22 <sup>nd</sup> May 11:00 – 13:00	<b>Break the Stigma</b> – Learning to talk openly about our mental health	Mental Health & Wellness Centre
Saturday 25 <sup>th</sup> May 14:00 – 16:00	<b>Healthy Relationships</b> – How to maintain positive relationships	Mental Health & Wellness Centre
Wednesday 29 <sup>th</sup> May 11:00 – 13:00	<b>Looking at hope and where we can find it</b>	Mental Health & Wellness Centre
Saturday 1 <sup>st</sup> June 14:00 – 16:00	<b>Fitness Matters</b> – Exploring ways to be more active and improve wellbeing	Mental Health & Wellness Centre

For more information and to book a place, please contact:  
**Mental Health and Wellness Centre, 30 –32 Batchen Street, Elgin**  
 T 01343 556 191 E [moraywellnesscentre@penumbra.org.uk](mailto:moraywellnesscentre@penumbra.org.uk)  
 f @MorayMentalHealth



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