

Wellbeing events for everyone!



Mon	Tue	Wed	Thu	Fri	Sat	Sun
20 Apr 	21 Apr 	22 Apr 	23 Apr 	24 Apr 	25 Apr 	26 Apr
27 Apr 	28 Apr 	29 Apr 	30 Apr 	1 May 	2 May 	3 May
4 May 	5 May 	6 May 	7 May 	8 May 	9 May 	10 May
11 May 	12 May 	13 May 	14 May 	15 May 	16 May 	17 May

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Peer-led, FREE & Friendly

- Champion-only events:** Social & support space for peers of Moray Wellbeing Hub. New members welcome! 12-1pm
- Community Locality Gathering:** All welcome. Bring your lunch and connect locally. Tue: Buckie/Cullen, Wed: Elgin Lossie., Thu: Speyside, Fri: Forres/Kinloss. Area focused but all Moray folk welcome on any day! 12-1pm
- Creativity For Enjoyment:** Accessible artist led sessions. Creativity from the comfort of your home. 2-4pm
- Job Seekers Survival Strategies:** Increase confidence, self-awareness, and dealing with rejections and expectations. 3-weeks, 10-12pm
- Supporting Your Child With Resilience and Calm:** Tips and support for parents. 6th April, 7-8.30pm (no children please) / 16th April, 10-11.30am
- Principles of Mental Health First Aid / Being a Good Supporter:** Skills to deal with crisis, promote wellbeing and self-care. 2.30-5.30pm
- Young People's Wellbeing Workshop:** Led by young people for young people. 15s and under, 8th April 2.30-3.30pm / 16-25s, 9th April 7.30-8.30pm
- Exploring Neurodiversity:** Join the conversation on non-neurotypical brains (i.e. autism, ADHD, dyslexia, dyspraxia, OCD, etc.) either 10-11am or 7-8.30pm

Search Eventbrite for more info!

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