



Run by Claire and Emma



For Ages 14+

A FREE 8 WEEK MENTAL WELLBEING COURSE

STARTS WEDNESDAY 11TH JAN

**TO HELP YOU UNDERSTAND YOUR MENTAL HEALTH
AND DEAL WITH IT BETTER**

- Anxiety and depression
- Difficult emotions and exam stress
- Identity and gender

At the Link, Nailsea School 6.30 - 8 pm



reception@wellspring
counselling.org.uk



01275 810879

**SIGN UP BY
JAN 6TH!**