



# NHS MERTON TALKING THERAPIES (AKA MERTON UPLIFT) APRIL WORKSHOPS



LIMITED PLACES AVAILABLE BOOK YOUR PLACE TODAY!

CONTACT: 020 3513 5888 | EMAIL: [MertonWellbeing@swlstg.nhs.uk](mailto:MertonWellbeing@swlstg.nhs.uk) | Book direct on Eventbrite: Merton Uplift events. All workshops are FREE of charge and available for those aged 18+ and a Merton resident or registered with a Merton GP

## WELLBEING

### RELAXATION AND MINDFUL WALK

WEDNESDAY 10TH APRIL | 11.00-12.00 | MORDEN HALL PARK

### LIVING WELL WITH DIABETES

FRIDAY 12TH APRIL | 11.00-12.30 | ONLINE

### COPING WITH STRESS

MONDAY 15TH APRIL | 13.00-14.30 | ONLINE

### MANAGING ANGER

TUESDAY 23RD APRIL | 11.00 - 12.30 | ONLINE

### LIFTING YOUR MOOD

TUESDAY 30TH APRIL | 11.00-12.30 | ONLINE

## EMPLOYMENT

### GETTING BACK TO WORK

WEDNESDAYS 10TH & 17TH APRIL | 11.00-12.30 | ONLINE

### STAYING WELL AT WORK

TUESDAY 23RD & 30TH APRIL | 17.30-19.00 | ONLINE

## RECOVERY COLLEGE

### MANAGING SLEEP

WEDNESDAY 24TH APRIL | 13.00-14.30 | ONLINE

### BUILDING SELF-CONFIDENCE

MONDAY 29TH APRIL | 10.30-12.00 | ONLINE

