

Free

# Wellbeing Toolkit

Health  
in Mind

Open to Edinburgh  
residents, city wide!

A series of 6 weekly workshops to learn and practise tools for managing anxiety, depression, stress, isolation and self-care

Where: Leith Community Education Centre

When: Thursdays 10.15 - 11.45 am

Start date: 12th May 2022

Contact us for more information and to book a place:

Email: [edinburgh@health-in-mind.org.uk](mailto:edinburgh@health-in-mind.org.uk)

Call: 0131 225 8508 (Ask for Aynsley)

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



Thrive Connect Partnership

Working together to provide you with the right support at the right time.



Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh, EH2 4RT