



**FREE**

# Self Management Workshop

**8x weekly Self Management sessions starting Tuesday 16th January to 5th March 2024**

**From 10am – Noon on Zoom**

**Followed by an optional 4x Peer Group Training Sessions on March 12th, 19th and April 9th & 16th 2024 (in person and at a Yeovil location TBD)**

These free workshops support people who are ready to explore with peers, their mental health and wellbeing

Closing date for applications:  
10th January 2023

## Your potential, your voice, your way

Elevate mood and reduce feelings of isolation  
Empower you to improve your own wellbeing  
Understand resilience and how to improve it  
Form supportive relationships with your peers in the workshop.

Intended  
for ages  
18+



## Book now to join us!

Leave the workshop with a toolkit of ideas to help you maintain your own wellbeing.

**01460 712119**

**[info@watchproject.org.uk](mailto:info@watchproject.org.uk)**

**[watchproject.org.uk](http://watchproject.org.uk)**

Training designed & delivered by WATCH CIC

WATCH is part of Open Mental Health. An alliance of local voluntary organisations and the NHS. We are working in partnership to ensure that residents of Somerset get the support they need, when they need it.



