



Do you want to improve how you're feeling in a fun, friendly and relaxed atmosphere?

- Then the NEW course -

## 'Head Space'

might be just what you're looking for!

**Healthy Minds** is a small local mental health charity. We understand the problems people face on day to day basis and offer a place where you can get support to manage life's ups and downs.

**The 3 week course will run for 2 hours per week and will cover topics such as**

- Dealing with stress, improving confidence and self esteem
- Goals and aims
- Getting what you need and taking control
- And how you might access further support

### **Head Space**

**12.30 – 2.30**

**Held at**

**Mixenden Court, Flat 3**

**March 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>**

**Lunch and refreshments provided**

If you would like more information about the course or any other projects we provide then please call **01422 345154** and ask for **Nicola** or **Kath**

**Or visit our website**

**[Healthymindscalderdale.co.uk](http://Healthymindscalderdale.co.uk)**