

Free!



**Pilton Community
Health Project**
equality | wellbeing | belonging



Wellbeing Toolkit

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

**Where: Pilton Community Health Project,
73 Boswall Parkway, EH5 2PW**

**When: Thursdays 12.30 - 2pm
Start date: 6 April 2023**

Open to Edinburgh residents aged 18+

Contact us for more information and to book a place:

Make an enquiry: www.health-in-mind.org.uk

Call: 0131 225 8508

www.health-in-mind.org.uk   

Thrive Connect Partnership

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



 Penumbra

 change

