



Healthy Hopes

ALL OUR SESSIONS ARE FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>WIGTON 'DROP IN' 12:30-2.30PM METHODIST CHURCH</p>	<p>MARYPORT DROP-IN 10.00-12:00PM SIGNPOST, CURZON STREET MARYPORT</p>	<p>HEALTH AND WELLBEING SESSION 10-11.30AM NEW LIFE CHURCH, WHITEHAVEN</p>	
	<p>HEALTH AND WELLBEING SESSION 1-2:30pm CARNEGIE THEATRE, WORKINGTON</p>	<p>WHITEHAVEN 'DROP IN' 10.30-12PM SENHOUSE CENTRE, WHITEHAVEN</p>	<p>HEALTH AND WELLBEING SESSION 1-2.30 PM SIGNPOST, CURZON STREET, MARYPORT</p>	
			<p>WORKINGTON 'DROP IN' 12-2PM MASONIC HALL, GORDON STREET, WORKINGTON</p>	

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EVERYONE IS WELCOME

HEALTH AND WELLBEING SESSION- Each week a different wellbeing topic is discussed. Sessions range from stress awareness, coping strategies, self-esteem and confidence building, goal setting, relaxation, anxiety, mindfulness, etc.

WHITEHAVEN, WORKINGTON, WIGTON, MARYPORT DROP-IN – This is within a relaxed environment where individuals come along for a cuppa and a chat on a weekly basis.

CREATIVE GROUP- Join us for a different art and craft session each week.