



CANS Mental and Physical Wellbeing Project is raising awareness of 'Take 5' steps for your Emotional Wellbeing in Greater Belfast areas.

6 Weeks Online Free Event:
Mindfulness / Wellbeing Workshop
Delivered by Helen McDonnell

Date: Monday, 18th January 2021

Time: 5.30pm

Venue: Zoom

For more information:

Email: cansinfo@counsellingallnations.org

Mob: Text name and number to: 0778-365-6492

Registration is highly recommended!, (places are limited)

'Supported by the Public Health Agency through the CLEAR Project'



**Developing
Healthy
Communities**



Clear
Emotional well-being & Mental health

CANS is a registered charity, No: NIC 100444.