



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

6 week remote Free Event:
TOP TIPS for Looking After Yourself Programme;

Date: Tuesday, 19th January 2021

Time: 6.30 — 7.30pm

Venue: at the comfort of your home by Zoom

For more information:

Email: cansinfo@counsellingallnations.org

Mob: Text name and number to: 0778-365-6471 or 0778-365-6492

Registration is highly recommended!

‘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.