

Specialist wellbeing support course



Your Sanctuary in partnership with Woking Mind are running a 6-week wellbeing support course.

This will be a closed group for survivors of Domestic abuse, to help offer a safe space to learn tools and techniques to support emotional wellbeing and mental health.

The course aims to support individuals who may feel they have lost a sense of their identity or who struggle with defining boundaries with others.

The course is also suitable for anyone who may be experiencing low level or mild depression or anxiety, or perhaps feelings of stress or burnout.

*This course is not suitable for those with more complex mental health needs.

**6 week course starting
26th April 2022**

Tuesdays 10am–12pm

From 26th April for 4 weeks followed by a two week break and commencing again on 7th June for the last two weeks.

In partnership with



To find out more and sign-up

07860 340 739

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wokingmind.org.uk



Working across Surrey

Registered charity no: 1096503