



# Group Wellbeing Coaching

with **Flourishing Minds**

Join us each week to discuss topics such as low mood, anxiety, stress, sleep, confidence and self-esteem.



Wellbeing coaching empowers people to learn self-care and coping skills to help them better self-manage their mental health and emotional health.

## UPCOMING!

Virtual online Group Coaching now available!  
Beginning: Thursday 6<sup>th</sup> January @ 1:00pm – 2:30pm

Email [FlourishingMinds@lancashiremind.org.uk](mailto:FlourishingMinds@lancashiremind.org.uk)  
to book or find out more.



In partnership with

