

# Head Space



## Beat Stress! Get motivated! Make a new start!

“Other people have noticed a big difference in me. I am a lot happier, they can’t believe the change.”

“The experience of this course has been priceless. The information is useful but the experience has been life-changing.”

“I enjoyed the whole course! Got a lot of ways of releasing stress, it’s helped with anxiety issues a lot. Also about thinking positively and I’ve been more confident.”

### A free seven-week course coming soon to

Find your strengths, meet new people and get new perspectives. In a small group, we will learn different techniques that will help you manage your mood, including assertiveness, getting good sleep, self-esteem, dealing with stress and relaxation.

**When:** Tuesday 8<sup>th</sup> May 1-3pm and every following Tuesday for 7 weeks

**Where:** Touchstone Support Centre, Harehills Avenue, LS8 4EX

This course has been established in partnership with Connect for Health and is run by Oblong. For more information or to book your place please call **0113 387 6380**

