



Re-connect Wellbeing Programme

Shropshire Mind has developed a programme to provide additional support for people that is focused on recovery and long term wellbeing.

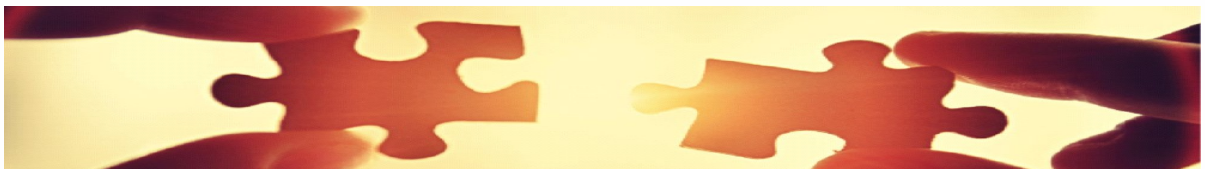
The programme focuses on delivering key tools that will support people with long term wellbeing as well as providing a truly local support network.

The programme is delivered in 12 week units with each unit designed to increase confidence, strengthen resilience validate thoughts and empower people within their own community to live well with mental health.

The programmes take place at Shropshire Mind, Holywell Street, Abbey Foregate and Market Drayton

Please ring for information for the next start date

‘Connection is the energy that exists between people when they feel seen, heard and valued. This allows people to give and receive without judgment. At this point we can all gain strength from our relationships with others’.



We look forward to seeing you