

Reconnect Wellbeing Programme

Every Wednesday, 1.30pm – 4.30pm

Shropshire Mind, Suites 3 & 4 Observer House, Holywell Street, Shrewsbury SY2 6BL

Next Programme Starts 14 February 2018

Reconnect is a 12-week course, designed to:



Each week, the course focuses on a range of tools and techniques that will help you to live well with mental health. The course provides a strong local support network, within a safe and confidential environment. Sessions are informative and fun and as part of the course, we offer a range of interesting taster sessions, introduced by guest speakers, including:

- ◆ Mindfulness
- ◆ Seated Yoga
- ◆ Music Therapy
- ◆ Emotional Freedom Technique
- ◆ Art Therapy
- ◆ Tai Chi

If you feel that you are lacking confidence but would like to meet new people and learn ways in which to better cope with mental health challenges, please give us a call on 01743 368 647 and book your place.

Shropshire Mind Suites 3 & 4 Observer House, Holywell Street, Shrewsbury SY2 6BL
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Building Better Opportunities funding will support projects in England that tackle poverty and promote social inclusion.

This project is funded by the Big Lottery Fund and The European Social Fund.

To be eligible you must be unemployed or not currently working.