



10<sup>TH</sup> -16<sup>TH</sup> MAY 2021

# MENTAL HEALTH AWARENESS WEEK

This year's theme is *Nature*

Join us at **Compass Recovery College** for a week full of incredible FREE courses to help support your mental health. Enroll today!

**0118 9373945**

**[compass.opportunities@reading.gov.uk](mailto:compass.opportunities@reading.gov.uk)**





# Mental Health Awareness Week

**ENROL FREE TODAY TO JOIN**

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## **5 WAYS TO WELLBEING**

Online, 5 weekly sessions, starts Monday 10th May  
11.00-12.00

## **NATURE THEMED STORY TELLING WORKSHOP**

Prospect Park, Tuesday 11<sup>th</sup> May 2021  
14.00-15.30

## **GARDENING FOR WELLBEING**

Caversham Court Gardens, 6 weekly sessions, starts Thursday 15<sup>th</sup> May 2021  
10.30-12.30

## **OUTDOOR PILATES**

Caversham Court Gardens, Thursday 15<sup>th</sup> May 2021  
13.00-14.00

## **WALK-TALK-WALK**

Palmer Park, every Friday  
10.30-11.30

