



Compass
RECOVERY COLLEGE

 **Reading**
Borough Council
Working better with you

Low Mood & Depression From 10th Jan



This 3-week workshop will look into ways to support our wellbeing by taking care of our physical and mental health.

We will look into ways of challenging those thinking patterns that can lead us to feelings of despair and we will work on creating an environment that can uplift our mood when we are feeling low.

Finding the right activity for us, the right support network and challenging any intrusive negative thoughts can lead to beating the winter blues, lifting our mood and living well.

3 Weekly Sessions
Tuesday, 10 Jan - 24 Jan,
12:00pm - 1.15pm
Online

Enrol with us, free to join



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