Managing your Low Mood - Surf the Blues - Online Workshop

18 Jun 2020 - 11:30pm - 9 Jul 2020 - 1:00pm

These weekly online workshops will provide you with 'take away' skills and knowledge to manage and 'surf' low mood. It will help you to understand signs and symptoms of low mood; develop positive skills in dealing with low mood and learn practical strategies to improve your mental health.

Starting from Thursday 18 June to Thursday 9 July 2020, from 11.30am -1pm.

Use the link below to register.

Find out more