

Yay! Free wellbeing events for everyone!
Visit www.buytickets.at/moraywellbeinghub
for more info & to book!



There's lots of fabulous wellbeing stuff going on!

MORAY
wellbeing
HUB

SUPPORTING YOUR CHILD WITH RESILIENCE & CALM

- Tips and support for parents.

TEXTILE FOR Mental Health (4 sessions)

- Explore meditative hand stitch as a backdrop for conversation, silence & all the spaces inbetween.
- Open to any level of experience of stitch.

PARENT WELLBEING TOOLKIT

- Safe space for parents/carers.
- Learn tools to 'Fill your cup', from reflexology to story massage.

LIVING LIFE TO THE FULL

- 5 week course: Challenge your negative thinking, get more from life.
- Peer-support learning in CBT skills.

PEER2PEER

- Learn how to use your life experiences to support others.
- Essentials level & full course available. Evening & morning sessions.

BEING A GOOD SUPPORTER (principles of Mental Health First Aid)

Adults **A**
Young People **YP**

- Now also available for young people! Learn the basics of how to help others. Short course 3h Adult / 1h YP.

FOR ENJOYMENT

Trainers Only **T**

- Accessible creativity for all ages from the comfort of your home.

BODY POSITIVITY

Adults **A**
Young People **YP**

- 5 wk course
- Adult & YP 12-16 year olds versions
- It's time to celebrate real bodies!
- Learn to create a more realistic perspective on your body image.

ONLINE GATHERINGS

- Chat & share ideas with others facing similar challenges
- Inc. young people, employability, neurodiversity, long-term conditions & more!

STRANDS OF IDENTITY - Neurodiversity: What makes you, you?
 Be part of a new art project that explores this.

ALSO!!! CHAMPION CHAT EVERY SATURDAY & SUNDAY!

- Social & support space for peers of Moray Wellbeing Hub. New members welcome!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
22 Jun	23 Jun	24 Jun	25 Jun	26 Jun	27 Jun	28 Jun
	☀️	●	● ☀️	▲	☀️ ♥️ A	☀️
29 Jun	30 Jun	1 Jul	2 Jul	3 Jul	4 Jul	5 Jul
	☀️ T ☀️	YP	☀️ ⬡	▲ ☀️	☀️ T ♥️	☀️
6 Jul	7 Jul	8 Jul	9 Jul	10 Jul	11 Jul	12 Jul
⬡	☀️ ☀️	⬡ A	☀️ ⬡	▲ ☀️ YP	☀️ T ♥️	☀️
13 Jul	14 Jul	15 Jul	16 Jul	17 Jul	18 Jul	19 Jul
	☀️ ☀️ ☀️	● A A	● ☀️	▲ ☀️ S	☀️ ♥️	☀️
20 Jul	21 Jul	22 Jul	23 Jul	24 Jul	25 Jul	26 Jul
⬡	☀️ ☀️ A	⬡ YP A	☀️ ⬡	▲ ☀️ YP	☀️ ♥️	☀️
27 Jul	28 Jul	29 Jul	30 Jul	31 Jul		
	☀️ ☀️ ☀️	⬡ A	☀️	▲ ☀️ YP		

ONLINE TOOLS
 Discover Pathways to Mental Health

- Adults
- Children, Young People & families

1-2-1 PEER SUPPORT - 'COMMUNITY CONNECTOR'

- Volunteer & make a difference
- Isolated? Request local support

How can we support you? Get in touch!

hello@moraywellbeinghub.org.uk
01343 576219 (answerphone checked regularly) **moraywellbeinghub.org.uk**

Find us on: