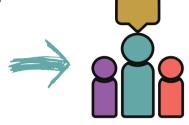
Yay! Free wellbeing events for everyone!

Visit www.buytickets.at/moraywellbeinghub for more info & to book!

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 WFLLBFING TOOLKIT

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



LIVING LIFE TO THE FULL





ENJOYMENT

creativity for all ages

from the comfort of

- Accessible

vour home.

FOR



Trainers Only

PEER2PEER

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





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



ONLINE Adults A

- 5 wk course

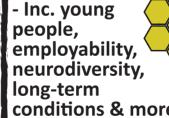
POSITIVITY

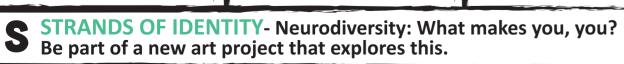
- Adult & YP 12-16 year olds versions
- It's time to celebrate real bodies!
- Learn to create a more realistic perspective on your body image.
- Chat & share ideas with others facing similar challenges
- Inc. voung people. employability, neurodiversity. long-term conditions & more!













ALSO!!! CHAMPION CHAT EVERY SATURDAY & SUNDAY!

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





There's lots of fabulous wellbeing stuff going on!



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
	*77	•	*	*	*74	*
6 Jul	7 Jul	8 Jul	9 Jul	10 Jul	11 Jul	12 Jul
	*		★	▲ *◆	*77	*
13 Jul	14 Jul	15 Jul	16 Jul	17 Jul	18 Jul	19 Jul
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20 Jul	21 Jul	22 Jul	23 Jul	24 Jul	25 Jul	26 Jul
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27 Jul	28 Jul	29 Jul	30 Jul	31 Jul		
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ONLINE TOOLS Discover Pathways to Mental Health

- Adults
- Children, Young People & families



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



- 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: (1) (1) (1)





