

Wherever you are, the WEA is there with you.

Are you struggling during this lockdown? Would you like to improve your own wellbeing and resilience?

How about a Level 1 Award in Mental Health Awareness

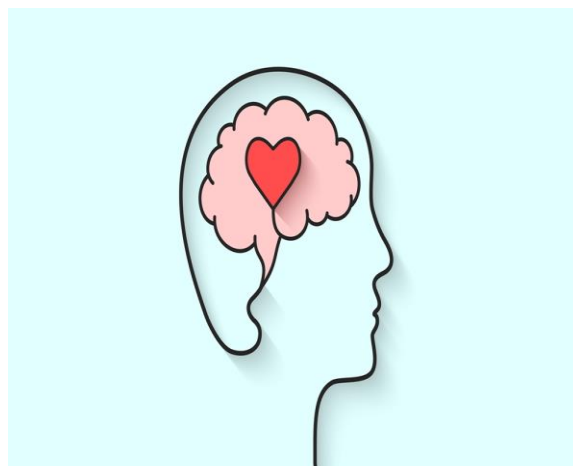
Learn how to improve your own wellbeing and resilience in challenging times, to support others with their mental wellbeing or to gain a valuable qualification, and developing new skills to take the first steps into voluntary or paid work in the mental health field. This course is available for everybody who wants to learn how to combat the stresses of the current pandemic.

Sessions to run for two days a week
Thursday / Friday 10:30 -13:30, total
of 3 weeks.

Starting 24th June 2021

Course fee: Free (subject to status)

For more information, please email
manchesterskills@wea.org.uk or
call **0161 696 5474** and quote ref
C3846145



Self-Care

The WEA is a charity registered in England and Wales
(no. 1112775) and in Scotland (no. SC039239).