

FREE EMOTIONAL WELLBEING WORKSHOPS

TURNING POINT
inspired by possibility



Delivered by qualified therapists and co-produced by experts by experience, our informal workshop sessions have been designed to provide you with useful techniques and coping strategies to help improve your mental health and wellbeing.

As well as providing you with useful information about common mental health symptoms.



JULY | AUGUST

To access you need to be aged 16+ and be registered with a Wakefield or Five Towns GP.

For more information and to book your place onto any workshop, scan the QR code, or contact us on the below:

 talking.turning-point.co.uk/workshops

 01924 234 860

 wakefield.talking@turning-point.co.uk

BOOSTING LOW SELF ESTEEM

Sun 14th July: 13:00pm - 14:30pm

COMBATting LOW MOOD

Sun 21st July: 13:00pm - 14:30pm

Sun 18th Aug: 13:00pm - 14:30pm

CONTROLLING FINANCIAL WORRIES

Sun 7th July: 13:00pm - 14:30pm

HOW TO BE KIND TO YOURSELF

Wed 24th July: 13:00pm - 14:30pm

IMPROVING YOUR SLEEP

Sun 7th July: 11:30am - 13:00pm

Sun 18th Aug: 11:30am - 13:00pm

KEEP MOVING FORWARD

Sun 14th July: 11:30am - 13:00pm

Sun 25th Aug: 13:00pm - 14:30pm

LIVING WITH CHRONIC PAIN

Sun 11th Aug: 11:30am - 13:00pm

MANAGING ANXIETY & WORRY

Sun 21st July: 11:30am - 13:00pm

Sun 25th Aug: 11:30am - 13:00pm

MANAGING STRESS AS A PARENT

Sun 28th July: 13:00pm - 14:30pm

MENOPAUSE & ME

Sun 4th Aug: 11:30am - 13:00pm

MINDFUL PREGNANCY: MANAGING STRESS & POSITIVE BIRTH

Thurs 22nd Aug: 10:00am - 12:00pm

NAVIGATING RELATIONSHIP BREAKDOWNS

Sun 11th Aug: 13:00pm - 14:30pm

NEURODIVERGENCE & WELLBEING

Tues 6th Aug: 13:00pm - 14:30pm

POSITIVE BODY IMAGE

Sun 4th Aug: 13:00pm - 14:30pm

SUPPORTING SINGLE PARENTS

Sun 28th July: 11:30am - 13:00pm

*All are delivered via TEAMS, unless otherwise stated.



TURNING POINT
TALKING THERAPIES

Turning Point - Registered Charity - 234887



@TurningPointTalkingTherapies

@wakefieldtalkingtherapies