

Coping with Christmas Mindfulness Workshop

Christmas is often portrayed as a happy time spent time reuniting with family and friends but for many people this is simply not the reality.

Balancing all of the things that come with Christmas isn't easy, but if you are having a hard time or think you might be this Christmas, you can hopefully take heart in knowing that you aren't alone.

Come along to our workshop and together we can explore ways of coping at Christmas using Mindfulness

When: Wednesday 5th December

Who: Women aged 16+ with eating distress

Time: 5:00pm - 7:00pm

Where: NIWE Eating Distress Service
The Old Post Office,
5 Pink Lane,
Newcastle upon Tyne

How To Book

Contact our office on
Tel: 0191 221 0233 **(OR)**

Email: enquiries@niwe.org.uk

