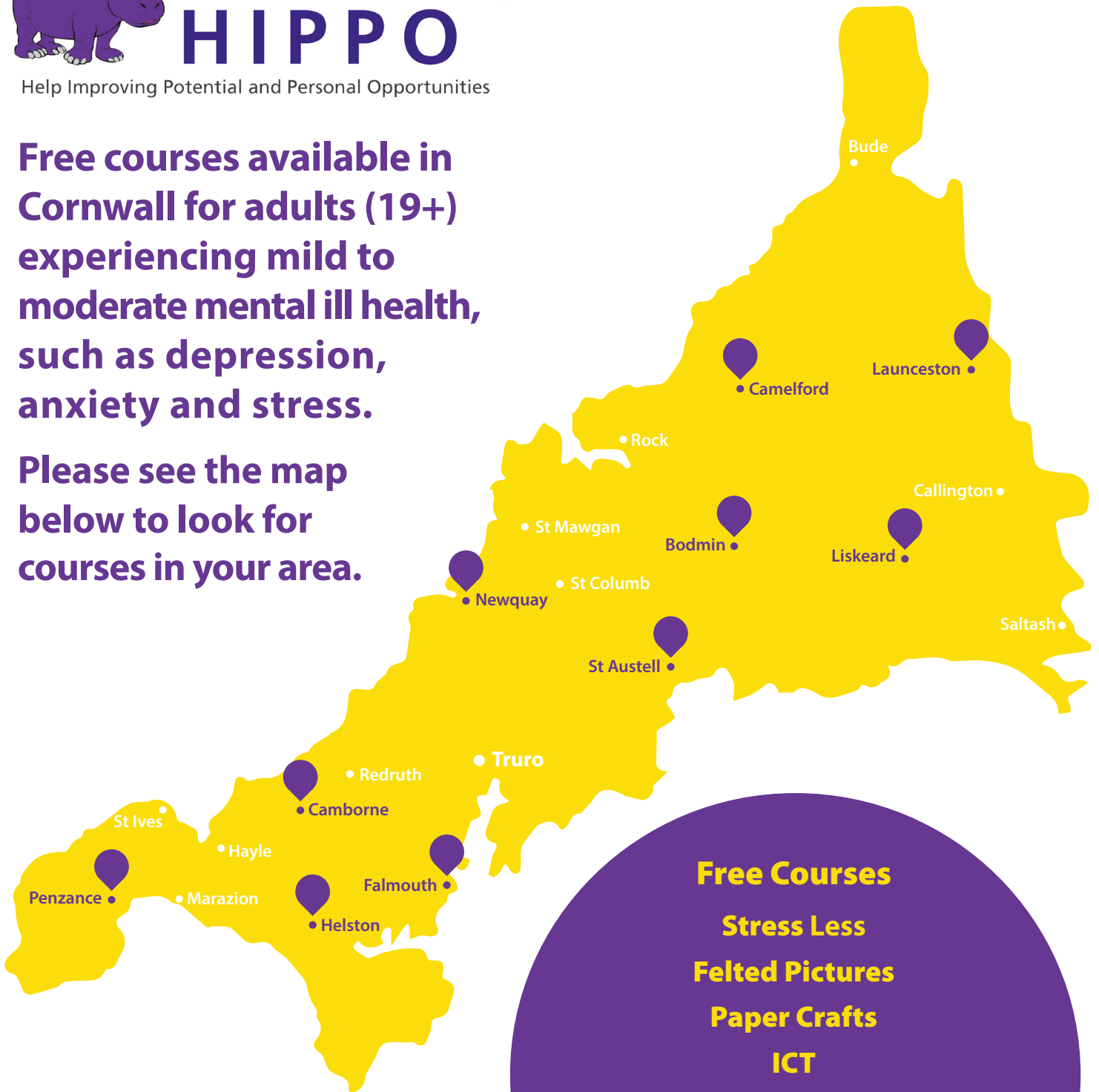


# HIPPO

Help Improving Potential and Personal Opportunities

**Free courses available in Cornwall for adults (19+) experiencing mild to moderate mental ill health, such as depression, anxiety and stress.**

**Please see the map below to look for courses in your area.**



**Free Courses**

- Stress Less
- Felted Pictures
- Paper Crafts
- ICT
- Horticulture
- Tablet Training
- Wildlife and Conservation
- Mindfulness
- Textiles

