

# Ways to Wellbeing

**FREE** courses and workshops designed to improve people's mental health

Feeling down or anxious?

Are you living with feelings of depression, anxiety, or high levels of stress?

Did you know **Southend Adult Community College** offer **FREE** short courses, workshops and one-to-one support? Available now with no waiting list.

If you'd like to come in and find out more about **Ways to Wellbeing** from one of our trained Wellbeing Coaches, get in touch today.

No prior knowledge or qualifications required.

To book an appointment please -

- Call Clare on **01702 444584**
- Visit: <http://waystowellbeing.org/>
- Email: [flc@southend-adult.ac.uk](mailto:flc@southend-adult.ac.uk)

Be active


Be creative

Be self-aware

  
Southend adult  
community college

  
TrustLinks

  
ActiveLife  
• for a healthier you •

  
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