

Positive Minds

Learn for Wellbeing



Courses and Workshops

Short courses in a wide range of subjects ranging from crafts, catering and music to dealing with stress and improving wellbeing.

Courses are informal and run at community venues. The courses are all designed to help give you confidence, learn something new and have some “time out”.

Who are they for?

Courses are free of charge and are open to anyone over 19 (employed or unemployed) who wants to improve their mental wellbeing, reduce anxiety and depression or gain confidence.

Want to find out more?

Contact the Positive Minds team on

Telephone: 01254 507720

Email: bwdpositiveminds@gmail.com

Website: www.bwdlearning.org

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