



## Improving Mental Wellbeing Through Learning

Aspire 2B Me courses are based on the five ways to wellbeing, which will help to improve mental wellbeing.



We are pleased to offer these **FREE** courses to people over the age of 19, who are recovering from mild to moderate mental wellbeing difficulties. These could include anxiety, depression or sleep disorders.



Courses include:

ICT for the Terrified

Managing Anxiety

Art for Wellbeing

Anger Management

Creative Writing

In Your Own Words

Food and Mood

Cook and Eat

Singing for Wellbeing

Read and Relax

take notice

keep learning

Please call **0345 6 01 01 61** or visit **[www.aspiresussex.org.uk/wellbeing](http://www.aspiresussex.org.uk/wellbeing)**

For more information, please call  
**0345 6 01 01 61**

All of our courses are taught by  
highly skilled and expert tutors

You can e-mail us at  
**enquiries@aspireussex.org.uk**

Don't forget, our Aspire 2B Me  
wellbeing courses are FREE!

Please visit our website at  
**www.aspiresussex.org.uk**