



Cwm-Ni Iach, Cymunedau Iach

Are you a key worker?

Are you struggling with the current stresses you're under?

We'd like to offer you a space on a course designed to;

Help you process trauma

Deal with coping fatigue

Manage anxiety

Provide a safe and confidential space to talk



Sessions will be delivered via Zoom, by Joanna Williams, Occupational Therapist.

1.5 hours per week

Beginning Wednesday 17th June 2020

1:30pm

Please contact us to book your space

To reserve a place, please contact us via Facebook, Twitter, or call / text on 07794431050



<https://www.facebook.com/cwmniiach/>



https://twitter.com/cwm_ni_iach

