

What's Happening at Penumbra

Well-being Workshops

We offer the opportunity for a group of like-minded people to come together who have a shared experience of mental health to share knowledge, experience and to explore tips, tools and practical steps that can assist in maintaining wellbeing.

Topics, Venues, Dates & Times

Topic	Venue	Date	Time
Anxiety Matters	9 Tay Square, Dundee	Tue 12 th Nov	10-12
Assertiveness	9 Tay Square, Dundee	Tue 26 th Nov	10-12
Healthy Relationships	9 Tay Square, Dundee	Tue 3 rd Dec	10-12
Tackling Stigma	9 Tay Square, Dundee	Wed 11 th Dec	10-12
Self Care	9 Tay Square, Dundee	Wed 18 th Dec	10-12

You are welcome to attend all workshops or just the ones that interest you.
All workshops are FREE, last 2 hrs, are relaxed, informative, informal, and fun,
with a maximum of 10 attendees.

If you would like to come along or wish more information, please make contact via:

E-mail – dundee.powwows@penumbra.org.uk

Call – 01382 223487

penumbra.org.uk

Facebook: Penumbra Dundee Wellness Services

