

# 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
Sleep Well	Hope Point, 4 South Ward Road, Dundee	Wed 27 Mar	12.30 – 2.30
Social Inclusion	9 Tay Square, Dundee	Wed 15 May	10 - 12
Healthy Relationships	9 Tay Square, Dundee	Wed 22 May	10 - 12
Menopause	9 Tay Square, Dundee	Tue 28 May	6 – 8pm
Assertiveness	9 Tay Square, Dundee	Wed 29 May	10 - 12
Anxiety	9 Tay Square, Dundee	Wed 5 June	10 - 12
Goals Setting 1	9 Tay Square, Dundee	Thu 13 Jun	10 - 12
Goals Setting 2	9 Tay Square, Dundee	Thu 20 Jun	10 - 12
Loss & Bereavement	9 Tay Square, Dundee	Wed 26 Jun	6 – 8 pm
Self-Care	9 Tay Square, Dundee	Thu 27 Jun	10 – 12
Goals Setting 3	9 Tay Square, Dundee	Thu 11 Jul	10 - 12

You are welcome to attend all workshops or just the ones that interest you.

All workshops are FREE, last 2 – 2.5 hrs, are relaxed, informative, informal, and fun, with a maximum of 8 attendees.

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

E-mail – [dundee.powwows@penumbra.org.uk](mailto:dundee.powwows@penumbra.org.uk)

Call or text Anne: 07717 618 722 Louise: 07717 541 969

[penumbra.org.uk](http://penumbra.org.uk)

Facebook: Penumbra Dundee Wellness Services

