

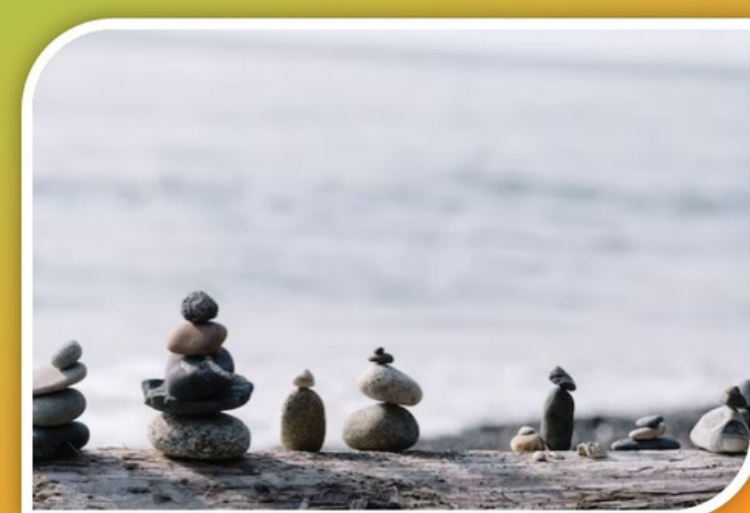
# The Greenaway Project

## Free Workshops to support Mental Health

### Finding Balance

This workshop will explore balancing all aspects of our lifestyle in order to support our mental health.

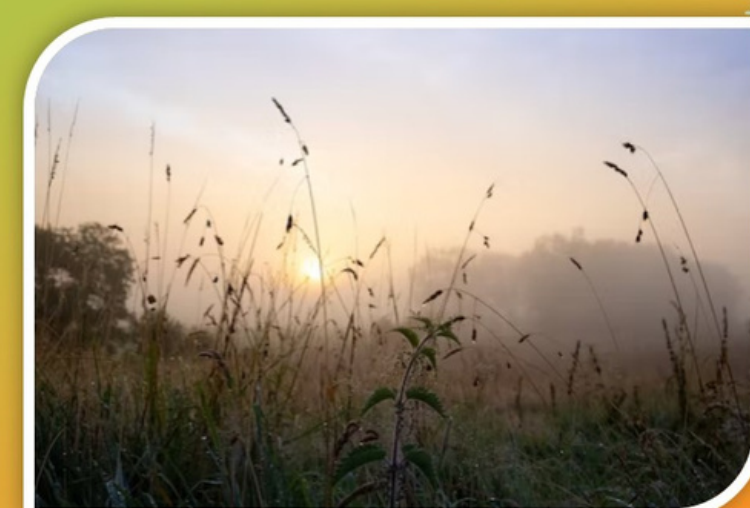
Monday  
8th  
May  
1-3pm



### New Normal

As we navigate a new way of living post pandemic this workshop provides tools to support your mental health during these challenging times.

Monday  
15th  
May  
1-3pm



### Introduction to Mindfulness

The workshop covers why and how Mindfulness works plus practical exercises to start your journey.

Wednesday  
24th  
May  
1-3pm



**For more information and to book a place click on**  
**<https://www.dfmh.co.uk/courses-workshops>**  
**or contact [sarahlowe@dfmh.co.uk](mailto:sarahlowe@dfmh.co.uk)**



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