



Skills for life

Mind Matters:

Unravelling Thoughts, Emotions and Life Impact

🕒 17 June 2024 (1pm – 3pm)

📍 Cornerstone, 2 Edward Street, SK1 3NQ

Interactive workshop delving into the fascinating world of thoughts and emotions, and techniques for being happier and healthier.

To book a space, email
customer.training@stockporthomes.org
or call 0161 474 2862