

Emotion Gym

First Steps workshops for mental and emotional well-being

A relaxed and friendly talk on each topic, focusing on ways of maintaining and improving emotional well-being

	Daytime Merstham Community Facility, 44 Portland Drive, Merstham, Surrey, RH1 3HY	Evening Ash Council Offices, Ash Hill Road, Ash, Surrey, GU12 5DP
Frustration and anger	Tuesday 4 October 10.30am - 12.30pm	Thursday 19 January 6.30pm - 8.30pm
Stress at work and at home	Tuesday 11 October 10.30am - 12.30pm	Thursday 26 January 6.30pm - 8.30pm
Low mood	Tuesday 18 October 10.30am - 12.30pm	Thursday 2 February 6.30pm - 8.30pm
Sleep	Tuesday 25 October 10.30am - 12.30pm	Thursday 9 February 6.30pm - 8.30pm
Anxiety	Tuesday 1 November 10.30am - 12.30pm	Thursday 16 February 6.30pm - 8.30pm
Self-esteem	Tuesday 8 November 10.30am - 12.30pm	Thursday 23 February 6.30pm - 8.30pm
Communication and assertiveness	Tuesday 15 November 10.30am - 12.30pm	Thursday 2 March 6.30pm - 8.30pm

No need to book or provide personal details JUST TURN UP!

If you require any additional assistance, or for directions, please contact us on:

First Steps



0808 801 0325 / 07860 077 307 (SMS)

www.firststeps-surrey.nhs.uk

Email: first.steps@nhs.net

