



Wellbeing Workshops

Angus Peer Service offers weekly wellbeing workshops, open to all patients of Carnoustie Medical Centre.

- An opportunity to explore ideas and practical steps that can be taken to improve wellbeing.
- Workshops are facilitated by Peer Workers, who have their own lived experience of mental health recovery.

Meet and Greet (Come by to find out more about our services)	Thursday 16 th January
Sleep and Relaxation	Thursday 23 rd January
Self-Esteem	Thursday 30 th January
Anxiety	Thursday 6 th February
Healthy Relationships	Thursday 13 th February
Coping with Self-Harm	Thursday 20 th February
Information Drop-in	Thursday 27 th February
All workshops will be held 1.30pm – 3.30pm	
Carnoustie Medical Centre	

To Book a Place



Carnoustie Medical Centre 01241 859888



anguspeerservice@penumbra.org.uk

