



Run by Claire and Emma




For Ages 12-18



# A FREE 8 WEEK MENTAL WELLBEING COURSE

**STARTING WEDNESDAY 19TH APRIL**

**TO HELP YOU UNDERSTAND YOUR MENTAL HEALTH  
AND DEAL WITH IT BETTER**

- Anxiety and depression
  - Difficult emotions and exam stress
  - Identity and gender
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**At Gordano school 6.00-7.00 pm**

**Please book**



reception@wellspring  
counselling.org.uk



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