



worth
UNLIMITED

Summer Programme

'RELAX' Positive mental wellbeing

- > What is anxiety?
- > Managing anxiety and stress
- > Healthy lifestyle
- > Mindfulness
- > Managing emotions
- > Techniques and going forward

VIRTUALLY FROM HOME

6 Week fun programme carried out from the comfort of your own home.

ONE TO ONE MENTORING

Meet up once a week for 30 minutes with an experienced and friendly mentor.

Referrals to Doncaster@worthunlimited.co.uk