

HOPE

- Help Overcome Problems Effectively -

Take a positive approach to looking after yourself and sign up for our free six week group course.



New Course Dates:

Tuesdays: 08 September – 13 October

10am-12:30pm

Woodmead Hall, Hill Road, Lyme Regis,
DT7 3PG

HOPE is a free six-session course that covers topics including:

- Managing stress and fatigue
- Getting better sleep
- Mindfulness
- Dealing with setbacks
- Communication and relationships
- Getting active, creative and eating well
- Using your strengths to make you happier

“From nerve racking, fear of the unknown, sad and scared to happy joyful, pleasant, hopeful and positive.”

- Anon, Course Attendee, 2023

SCAN ME



To book a place, please contact:



0300 111 3303



hope@helpandcare.org.uk