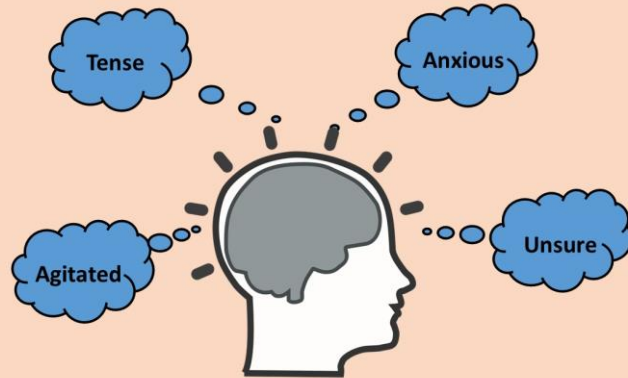


Online Wellbeing Workshop Managing Challenging Emotions

Every Monday - 4pm to 5pm



Interactive 1-Hour Workshop, new tools each week to help build resilience and aid wellbeing



For further details email donna.chan@meridianwellbeing.com

Click the Zoom Link to start the workshop

<https://us02web.zoom.us/j/84181069602?pwd=WIZRUVVYLzZiVGVjWkZiSjhBUUtFUT09>

Meeting ID: 841 8106 9602
Passcode: 426521

Online Wellbeing Workshop Supporting Wellbeing & Self Care

Every Monday - 5pm to 6pm



Interactive 1-Hour Workshop, learn new tools each week to support self-care and wellbeing



For further details email donna.chan@meridianwellbeing.com

Click the Zoom Link to start the workshop

<https://us02web.zoom.us/j/85258304833?pwd=TKU0eExUdGFEMzVDSGZMN29WanFOQT09>

Meeting ID: 852 5830
4833 Passcode: 397708