



Living Well

Community Wellness & Empowerment Service

**Free support
available**



Wellbeing and Mental Health Sessions

What You'll Do



**Stress
management**



Mindfulness



**Confidence
building**



**Friendly group
activities**

Contact us to join

-  www.tapestry-uk.org/livingwell
-  livingwell@tapestry-uk.org
-  01708 796600

 For Havering residents
aged 18-64 years old

**Scan to read more
about our services**



Wellbeing and Mental Health Sessions



Build confidence
at your own pace



Take part in group activities
such as arts, social and
creative groups (if you want to)



Learn simple ways to manage
stress and everyday challenges



Time and support
for self-care



Plan everyday things
that support your wellbeing



Set personal goals
in a way that works for you



Practise communication
in a way that feels comfortable for you



Meet others and build connections
(if you want to)



Relaxation and grounding
activities