



# wellbeing groups

*Discovering treasure in life's scars*

## Join

This is a twelve session group aimed at taking care of our wellbeing

## Learn

Together we will learn tools to increase confidence, self-esteem and wellbeing

## Explore

Explore Mental wellbeing in a safe and supportive environment

## When & Where

Weekly from Monday 15 April  
2024, 19:45 - 21:30

The City Church Hub, 34A  
Simmonds Road, Canterbury,  
CT1 3RA



## To enquire/book

[thecitychurch.org.uk/wellbeing](https://thecitychurch.org.uk/wellbeing)

Barb Sandham - 07515 659706

Liz SurrIDGE - 07949 086997

Hazel Woods - 07905 724489

Paul Woods - 07906 744205



[thecitychurch.org.uk](https://thecitychurch.org.uk)