



We are thrilled to launch our new project



Together We Can

Together We Can
OVERCOME MENTAL HEALTH

Funded by Mind, our intergenerational project aims to promote well-being in our BAME community by helping to alleviate stress and isolation experienced due to Covid-19.

Please get in touch if you or someone you know would benefit from being involved.

Our free online sessions include:

- Cooking together
- Gardening for all ages
- Talking therapy
- Mindfulness
- Sleep problems
- Parenting teenagers
- Laughter yoga
- Self-acceptance therapy
- Intergenerational chat sessions
- Cultural celebrations



To find out more or to register for a session please contact us at 02920 343154 or Helen (Project Coordinator) 07735 846019 helen@womenconnectfirst.org.uk



Mental Health Consortia



Centre for Mental Health



National Survivor User Network

