

# wellbeing Socials



Norfolk and Waveney  
Talking Therapies

## Wellbeing Champion Online Training

Wednesday 22<sup>nd</sup> November (11am)

This FREE training is for anyone, but especially useful for organisations such as schools, businesses, charitable or community organisations. If you would like to increase your understanding about mental health and create a supportive and positive mental health environment where you live, work or volunteer, becoming a *Wellbeing Champion* may be for you! Easy to book via [Eventbrite](#) with new dates added regularly.

Questions? Contact [socials@wellbeingnandw.co.uk](mailto:socials@wellbeingnandw.co.uk)



Scan for booking, more info, events and to subscribe!



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