

Head Space

**Beat Stress!
Get motivated!
Make a new start!**



Head Space, is a **free** seven-week course for **men** in Leeds.

Find your strengths, meet new people and get new perspectives.

In a small group, we will learn different mood managing techniques including: assertiveness, getting good sleep, self-esteem, dealing with stress and relaxation.

Coming soon to **Harehills!**

1-3PM for 7 Weeks on Thursdays.

**7th Feb, 14th Feb, 21st Feb, 28th Feb, 7th March,
14th March, 21st March**

**At ARK, Catch, Hovingham Avenue, Leeds, LS8
3QY**

For more information and to book please contact
mhl@touchstonesupport.org.uk or 01132484880.



Mentally Healthy Leeds
Let's connect and feel good



Leeds
CITY COUNCIL

