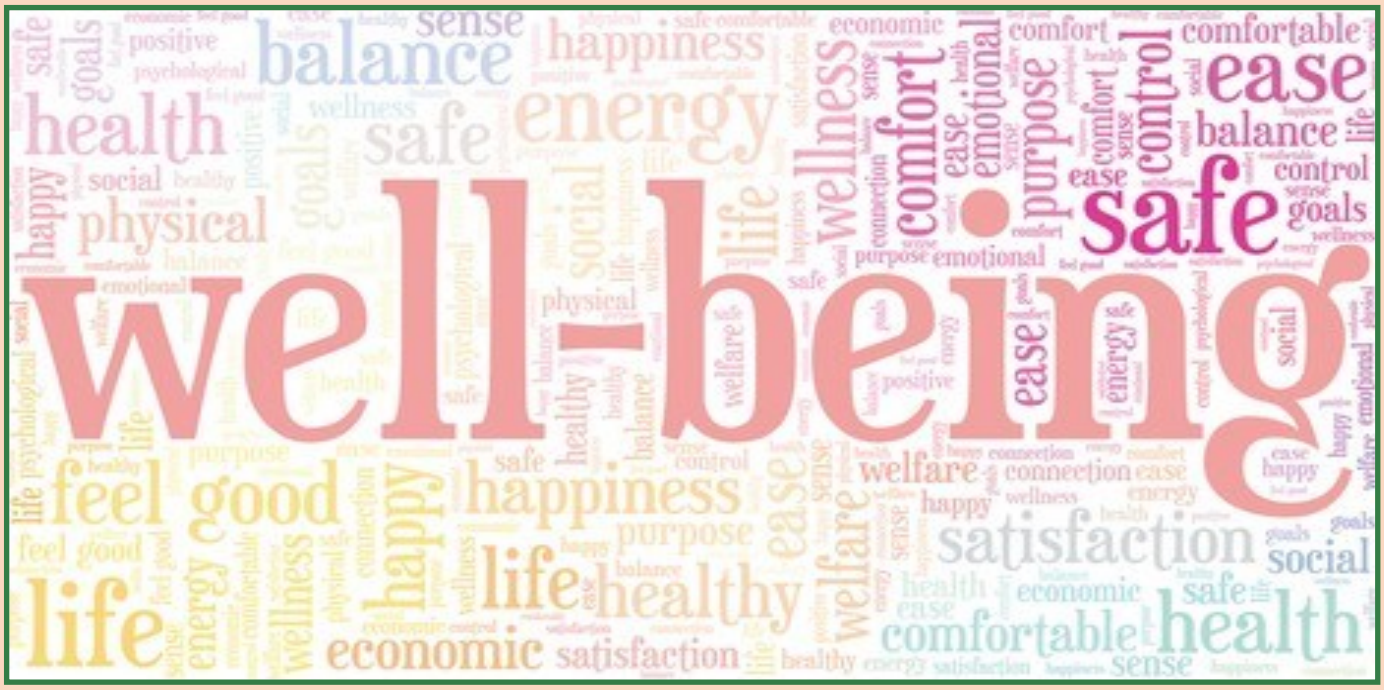
Wellbeing Workshops

Every Monday on Zoom

Evidence-based and interactive 1-hour workshops that can help people build their resilience and empowerment

2.00pm to 3.00pm: Managing Challenging Emotions

3.30pm to 4.30pm: Wellbeing and Positive Self Care



Everyone is Welcome. For the Zoom Link please email

donna.chan@meridianwellbeing.com

meridian wellbeing

Meridian Wellbeing is the lead provider of the Barnet Wellbeing Hub