

Free of charge

A Slice of Happiness “Wellness” Turquoise Spa

Programmes that bring solutions for the voluntary sector in
our community
asliceofhappiness.org

a slice of
happiness

Many of us are struggling to maintain our mental wellbeing during the coronavirus (Covid-19) pandemic. This is for you if you're experiencing difficult emotions such as stress, anxiety, depression or grief.

Duration: 8 Weeks from 11th March 2021.

- 3 hours per group session (x8 weeks = 24 total hours).
- Access to weekly online zoom calls with specialists in our field. This is available for as long as you need it.
- Access to online support group. This is available for as long as you need it.

Day: Thursday 5pm-8pm.

Venue: Online via zoom, via the self referral form:

asliceofhappiness.org/contactus

Free of charge to attend

Supported by:



Meet the team!
Susan, Liliana & Caroline

Charity Registration number: 1085518
Company Registration number: 4090701