



Registered charity number. 1161526

FINDING HOPE, STAYING WELL-BEING COVID-19 GROUP WORKSHOPS

supporting those in our community that have experienced **COVID-19** related losses

The sessions will be weekly for 1 hour on a Tuesday and will be for a 5 week period. The groups are limited to 12 participants and will be hosted by Monica Pellegrini our experienced Well-being Therapist. Covering such topics relating to: Finding hope, moving forward through the COVID-Pandemic, dealing with anxiety, stress, mental health, setting goals, building resilience to create overall well-being.

We hope to see you all soon.



Date: Tues. 5th October - Tues. 2nd November 2021

Weekly: 11am to 11.40am

followed by Q&A 11.40am to 12 Noon

Link: <https://us04web.zoom.us/j/3125836596>

Meeting Id: 312 583 6596 **PW:** 8FQAnB

The Drop-In Bereavement Centre (DIBC) 187 Grange Road Plaistow London E13 0HA

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CORONAVIRUS

Bereavement Well-Being Workshops

1 hr Zoom time per week

Maximum of 5 sessions

Small groups of up to 12 people

Starts Tuesday 5th October 2021

Led by experienced facilitator

Session Topics Include:

- Let's talk about Mental Health
- Introduction to Nutrition & how it can help with Anxiety and Sleeping Patterns
- The Benefits of Self-Love
- The Physiology of Stress
- The Power of Words

