

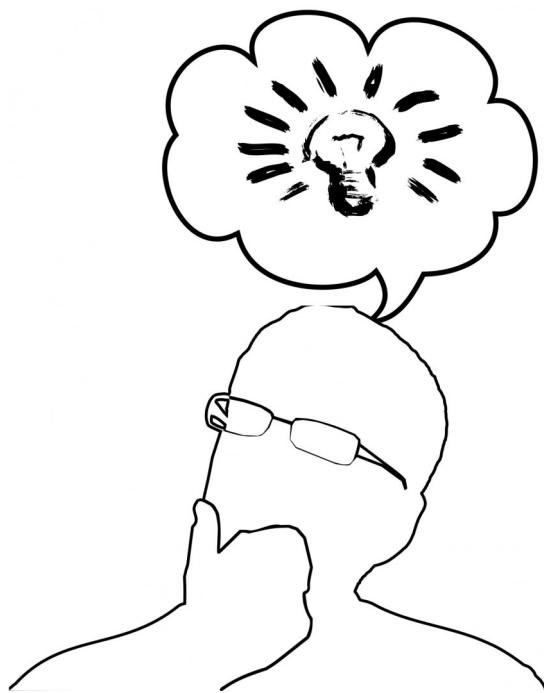


NHS

Greater Manchester
Mental Health
NHS Foundation Trust

No. 93

Supporting health and wellbeing in North Manchester



Challenging Negative Thoughts

6 week course

Free

Book your place with reception

Dates: Wednesdays

June: 5th, 19th

July: 3rd, 17th

August : 14th, 31st

Time: 11am—12 noon

No. 93 Wellbeing Centre

93 Church Lane

Harpurhey

Manchester

M9 5BG

More info:

 **reception 0161 271 0908**

 **Harpurhey@gmmh.nhs.uk**

Free - Connect - Support - Wellbeing - Music - Food - Activities - Fun

www.gmmh.nhs.uk/no-93