

BOUNCE BACK IN 6 WEEKS

What is it?

A six-week course on how positive psychology can give a boost to your family's mental well-being.

It is an introductory guide to some of the latest evidence-based techniques from positive psychology that have proven benefits on mental well-being within the family.

Who is it for?

It is for any parent/carer who is interested in learning more about practical ways to improve mental well-being.

The Stats

- A 20% increase in overall mental health improvement
- Significant enhancements in positive emotions, engagement, and relationships.



START DATES:

Wednesday 22nd January 2025

10:00AM - 12:00PM

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Bolton

Together