



Wellbeing Group

A free support service

Friday 9:30am-11:30am in term times

**Parkview Community Centre,
Sheerwater**

Tel 07503 192845

info@nextsteps.me.uk

www.nextsteps.me.uk

Free crèche available - please book:

Tel 01483 730517

Wellbeing Group

Building Self-Esteem

January:

- 13th Introduction & a chat with Tasha Feddery of Surrey Wildlife Trust
- 20th Therapeutic hand and arm massage with Christine Taylor. There is no charge for the massage, which is subsidised by CornerHouse, but donations to the Red Cross are welcomed.
- 27th Self-esteem skittles with Tasha Feddery, SWT

February:

- 3rd Happy boxes
Join us to decorate beautiful boxes to collect positive thoughts and helpful ideas.
- 10th Bird boxes with Tasha Feddery, SWT
- 17th **Half term break**
- 24th Pilates taster session. To be confirmed.

March:

2nd Outdoor focus with Tasha Feddery, SWT

9th PowerQuestions

What is a power question? Come and find out as Sally helps us explore new ways of thinking.

16th A talk by Tony Hutt of the Woking Association of Voluntary Service.

Join us to find out more about volunteering, how it can help build self-esteem and voluntary opportunities available.

23rd Making hot cross buns

30th Last meeting before Easter

There is no meeting during the half-term break but group members are able to meet informally at the Parkview café.



Next Steps is a free self-help support service for people in Woking and surrounding areas who are affected by depression.

Our Other Groups:

Support group - Tuesdays 7:00pm-9:00pm at CornerHouse, Woking.

Support group - Thursdays 1:00pm-2:30pm at CornerHouse, Woking.

Support group - 1st & 3rd Wednesdays each month, 7:30pm-9:00pm at Virginia Lodge, Egham.

Support group - 2nd & 4th Wednesdays each month, 7:30pm-9:00pm at Addlestone Community Centre.

Walk for Health - Wednesdays 10:45am - noon; start and finish at the Lightbox, Woking.

For more information, phone: 01483 757461

**Next Steps
CornerHouse
2 Courtenay Rd
Woking, Surrey GU21 5HQ**