

Headspace in Leeds 6

Provided / Operated by:

Woodhouse Community Centre

Headspace is a 7 week course for anyone wanting to support or improve their mental health and wellbeing. At Woodhouse Community Centre we hold face to face groups using peer support to explore things like:

- * Stress and relaxation
- * Boundaries and relationships
- * Understanding your thoughts...

Course Address:

Woodhouse Community Centre
197 Woodhouse Street,
Leeds
LS6 2NY

Days & Dates:

1st February 2024 to 30th April 2024

Costs:

Free

Contact Details:

Name: Lucy

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Accessible:

Yes

Childcare:

No

Children allowed:

No

