

Wherever you are, the WEA is there with you.

Would you like to improve your own wellbeing and resilience and help support those around you?

How about a **Level 1 Award in Mental Health Awareness**

Learn from the comfort of your own home online using zoom and our online learning platform

Learn how to improve your own wellbeing and resilience in challenging times, to support others with their mental wellbeing or to gain a valuable qualification, and developing new skills to take the first steps into voluntary or paid work in the mental health field.

Self-care

Sessions to run for one day a week
Thursday 9:30-15:30, total of 3 weeks.

Starting Thursday 10th November

Course fee: Free (subject to status)

For more information, please email manchesterskills@wea.org.uk or call 0161 696 5474 and quote ref C3848155



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).