

Free Mental Health and Wellbeing Online Classes



Looking to improve your understanding of Mental Health and Wellbeing and want to learn some tools to better manage your Mental Health?

The Afghanistan and Central Asian Association offers **FREE** Mental Health and Wellbeing classes to our Ukrainian guests who live in Staffordshire.

With wonderful opportunities to make friends and grow your network through the online course.



Free classes will be held weekly on:

Tuesday – Online – 10 am to 12pm

Thursday – Online – 6pm – 8pm

Email staffordshire@afghanistan-central-asian.org.uk to sign up.

Limited places available.

Afghanistan & Central Asian Association
Registered Charity Number: 1096908

