

# Coping with the festive season

Thursday 2 December 2021, 1-4pm



The festive season can be a difficult time. The pressure to seem to be having a wonderful time can leave us feeling left out, isolated and distressed.

Many people feel this way, you are not alone. Focusing on something meaningful to you or reaching out to get help and support can feel liberating and nourishing. We will explore what may make the season challenging for you and discuss different strategies for coping.

We will work on making a wellbeing plan to see us through the festive season and beyond. It is only a few days, and with a plan in place, you can not only 'survive' but thrive.

Please note this is planned to be an **in-person** session.

How to enrol

Register online

[www.candi.nhs.uk/recoverycollege](http://www.candi.nhs.uk/recoverycollege)

Find out more

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