



WELLBEING ACADEMY

12-WEEK EMOTIONAL
WELLBEING ONLINE
WORKSHOP FOR WOMEN

**TOGETHER IN A
SAFE SPACE WE
WILL CREATE A
PERSONAL
WELLBEING
PLAN**

WE WILL EXPLORE TOPICS SUCH AS:

- SELF AND IDENTITY
- SAFE AND HEALTHY
RELATIONSHIPS
- COMMUNICATION
- PERSONAL BOUNDARIES
- BUILDING CONFIDENCE
- SELF-CARE AND MANY MORE

For more details and inquiries please contact:
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Starting on 25th of March 2021 till the 10th of June
Every Thursday from 10:00 am-12:30pm



The Maya Centre
counselling for women