Weston Mixed Group

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| January | 8th | Planning Session |
|  | 15th | Grief and Loss |
|  | 22rd | Mindfulness – an introduction |
|  | 29th | Emotional Coping Skills |
| February | 5th | Low mood and depression |
|  | 12th | Anxiety and anxiety management |
|  | 19th | How to talk about Mental Health |
|  | 26th | Assertiveness Skills |
| March | 4th | Soundwell Music Group |
|  | 11th | Relationships |
|  | 18th | Documentary and Discussion |
|  | 25th | Positive thinking and Positive Self-Talk |