Clevedon Women’s Wellbeing Café discussion plan

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| January | 7th | Goal setting 2020 |
|  | 14th | 5 ways to wellbeing |
|  | 21st | Seasonal Affective Disorder: beating the winter blues |
|  | 28th | Coping with change |
| February | 4th | Managing difficult relationships |
|  | 11th | Self esteem & perfectionism  |
|  | 18th | Depression & rumination  |
|  | 25th | Sleep hygiene  |
| March | 3rd | Wellness walk and coffee\* TBC |
|   | 10th | DBT skills- improving the moment  |
|  | 17th | Managing fear and anxiety  |
|  | 24th | Tech support- podcasts, apps & YouTube  |
|  | 31st | Café discussion group planning |

Any other suggestions?

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