

MoodMaster



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MoodMaster offers an upbeat approach to improving physical and emotional wellbeing

Our friendly and supportive **FREE** MoodMaster groups can help with:

- Anxiety, depression and low mood
- Managing life's ups and downs
- Useful and practical tips , tools and techniques
- A safe environment
- Support from people who understand
- Improving sleep patterns, diet and exercise

Our next **Evesham** based Moodmaster course will start on **11th September 10.30am—11.30am every Wednesday** at **The Riverside Health & Wellbeing Hub**. To book on or for more information, contact our **Wellbeing Advisor Matt** on **07485 325807** or our **Access Hub** on the number below

Tel: 01905 27525

Email: accesshub@onside-advocacy.org.uk

Web: www.onside-advocacy.org.uk



Charity no: 1102022

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Manage life's emotional ups and downs more effectively, cope better with everyday stresses and worries and improve overall quality of life

- Our local weekly groups help you deal with emotions and give positive, structured sessions to help make your life more enjoyable
- Each week the MoodMaster sessions focus on a different topic and provide simple coping skills that can be put into practice
- Topics include: sleep, worry, relaxation, dealing with stress, problem solving and friendships

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**Moodmaster literally turned my life around!
I'll never lose the tools I've learned. I can grab
them anytime I need them**

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