



Allerdale | Copeland | Carlisle | Eden



together we
Cumbria

***Would you like to
improve your mental
health and wellbeing?***

Join us for **FREE** at locations across
Allerdale, Copeland, Carlisle, Eden & Online

Courses include:

Wellness Recovery
Action Planning

Laughing
Yoga

Managing
Stress and
Worry

Low Impact
Exercise

Confident
Me

Emotional
Resilience

Mind and Body
Wellbeing Fitness
class

And much
more to
come...

Hearing
Voices

To enrol or for further information:

Go on to our website: <https://ncrecoverycollege.org/>


Text: 07726 300741

Call: 0808 196 1773

Email: hello@ncrecoverycollege.org

Find us on

 North Cumbria Recovery College

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