

FINANCIAL WELLBEING

FREE ONLINE WORKSHOP

Monday 7th March

11.30am - 1.00pm

citizens
advice

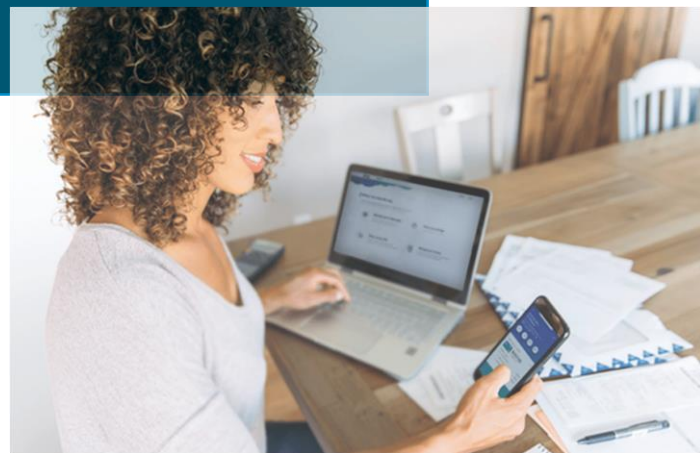
Merton &
Lambeth

A friendly, safe space to discuss and ask questions about managing financial stress, mental health and wellbeing.

This workshop is delivered by the Wellbeing Team at Merton Uplift and Social Prescribing Merton

Featured Topics

- ✓ Financial stress & mental health cycle
- ✓ Wellbeing & self care
- ✓ Coping strategies
- ✓ Local financial assistance & advice



Registration



Scan the QR code or follow our Eventbrite link below to book your space for free.*

www.mertonuplift.eventbrite.co.uk

If you are interested, but unsure about registering on Eventbrite or about attending an online workshop, then please call or email our friendly Wellbeing Team who are happy to help you register and can talk you through the workshop process.



Contact us for more information:

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