



CANS Mental and Physical Wellbeing Project is raising awareness of 'Take 5' steps for your Emotional Wellbeing .

Citywide 6 week remote Free Event: Steps to Wellbeing Programme;

Date: Thursday, 28th January 2021

Time: 6.30 — 7.30pm

Venue: at the comfort of your home by Zoom

For more information:

Email: cansinfo@counsellingallnations.org

Mob: Text name and number to: 0778-365-6494 or 0778-365-6492

Registration is highly recommended!

‘Supported by the Belfast City Council’



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CANS is a registered charity, No: NIC 100444.