

Grab a cuppa, put your feet up and join us for a series of 1 hour virtual sessions to talk wellbeing.

# Hot Chocolate Hour



## Upcoming sessions:

Balancing work and home life: 19 July, 1pm to 2pm

Introduction to self compassion: 3 August, 1pm to 2pm

Coping with worry and uncertainty: 18 August, 1pm to 2pm

Building confidence and self-esteem: 30 August, 1pm to 2pm

All sessions will take place via Zoom. For details, visit  
[www.keepingwellblmk.nhs.uk/how-we-help/hot-chocolate-hour-with-keeping-well](http://www.keepingwellblmk.nhs.uk/how-we-help/hot-chocolate-hour-with-keeping-well)

