



## You're invited

Shine Bright Virtual Groups - a Mental Wellness course to help you think better, feel better and live better

Join this online course from the comfort of your own home, starting Thursday 25th April 6pm - 7pm delivered on Microsoft Teams by:



Rebecca Howard, Psychotherapist and Founder of ShinyMind

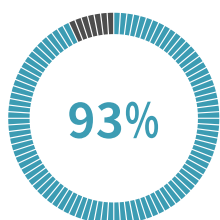


Dr Steve Price, GP Partner of West Street Surgery

Thursday 25th April 6pm - 7pm	Coping with Anxiety webinar (1 hour)
Tuesday 7th May 6pm - 8pm	Getting to know me - helping you to understand your thoughts, feelings and behaviours (2 hours)
Tuesday 14th May 6pm - 8pm	My Relationships - helping you to understand and improve your relationships with yourself and others (2 hours)
Access to your NHS Wellbeing Prescription, ShinyMind for further self-development and support	Patients on this online course will also be sent regular wellbeing messages on the ShinyMind app, signposting to further empowerment exercises and resources to continue your wellness journey throughout the course and beyond.

You will also get **FREE** access to the NHS Wellbeing Prescription, ShinyMind, a mental health app co-created with NHS staff, including two LifePacks: Coping with Anxiety and Mental Wellness.

**Limited places available**  
**Scan or click below to**  
**secure your spot**



of participants are likely to recommend this course to someone they know