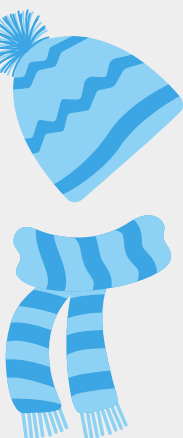


LOOKING AFTER YOURSELF IN THE HOLIDAYS



The winter holidays can be a tricky time for many people. It might be the colder and darker days affecting your mood, stress caused by financial or other pressures, not looking forward to festive celebrations, or something else.



We're running two talks in December sharing tips and strategies for how you can look after yourself during this time, and places you can go for support.



PART 1:

Part 1 focuses on ways to look after yourself in winter, including practical tips around the cost of living, and creating helpful routines for the holidays.



THURSDAY 15TH
@ 5.30PM



PART 2:

Part 2 focuses on ways to look after yourself over Christmas and the New Year, and signposting to places open for support.



MONDAY 19TH
@ 5.30PM



HOW TO SIGN UP:

Scan the QR codes
with your phone's
camera to get a link
to register.

Or go to the events page on our website: www.centre33.org.uk/events

Free to
access!

Suitable for
anyone age
13-25

You can join anonymously -
we ask everyone to use an anonymous
name, and keep their cameras and
microphones off.