

Talk for Health
JOIN A COMMUNITY AND GET FREE, EFFECTIVE, LONG LASTING PEER COUSELLING WHICH
IS AS EFFECTIVE AS THERAPY



Join today by registering to attend a

- [FREE Taster](#) on Wednesday 8th December 2021 (6-8pm)
 - A 2-hour introduction to Talk for Health <https://www.eventbrite.co.uk/e/talk-for-health-taster-learn-to-talk-for-a-fit-mind-tickets-156657228989>
- [Free Full Peer Counselling Programme](#) starting on Saturday 21st January 2022
 - Full Peer Counselling Programme times and dates are:
 - Day 1 - 10.30am - 4.30pm Friday, 21st January
 - Day 2 - 10.30am - 4.30pm Friday, 28th January
 - Day 3 - 10.30am - 4.30pm Friday, 4th February
 - Day 4 - 10.30am - 4.30pm Friday, 11th February
 - <https://www.eventbrite.co.uk/e/full-talk-for-health-peer-counselling-skills-programme-tickets-173344176097>
- [Free Talk for Health December 2021 Special: Deeper Connections starting on Thursday 8th December 2021](#)
 - *The December Special will be led by Nicky Forsythe.*
 - *“Out with the Old & In with the New”*
 - <https://www.eventbrite.co.uk/e/talk-for-health-2021-christmas-special-out-with-the-old-in-with-the-new-tickets-156666755483>

WHAT'S THE IDEA?

It's important to take care of our emotional wellbeing, just as it is to take care of our bodies. One way of doing this is to connect in a truthful and empathic way with others.

WHO IS IT FOR?

Anyone who wants to take care of their wellbeing and support others.

WHAT ARE YOUR NEXT STEPS?

[Attend a Taster and/or do our in-depth 4-day Talk for Health Core Programme.](#) Then you can:

- Come to **TALK FOR HEALTH CAFES**; continue talking for wellbeing and gain communication skills.
- Do a range of online group activities like breathwork, art journaling and therapeutic writing.
- Follow these with ongoing groups for strong peer networks.

Click [here](#) to see our full list of events or for more information visit our [website](#) or contact info@talkforhealth.co.uk or call/text 0203 409 3201.