



Emotional resilience courses



- ✓ Expert guidance to help you manage life's challenges
- ✓ Practical strategies to build emotional resilience
- ✓ Stand-alone sessions - choose what suits you
- ✓ Delivered in a relaxed and supportive environment
- ✓ Just £5 per half-day session

Contact us for the latest course dates
or scan the QR code:

01325 283169
contactus@darlingtonmind.com

darlingtonmind.com

Registered Charity No. 1093140

