

HEALTH AND WELLBEING

AWARENESS SESSIONS (1 HOUR)

Suitable for all staff, these sessions take place in our **Listening Space** are one hour-long and should be **booked via ESR**.

Features:

- An introduction to our website and our six areas of focus
- Info & signposting to further internal and external support services
- Where to point your colleagues to when they're seeking support.

29TH JUNE, 12:00PM

25TH JULY, 12:00PM

22ND AUG, 12:00PM

28TH SEPT, 12:00PM

17TH OCT, 12:00PM

16TH NOV, 12:00PM

11TH DEC, 12:00PM

www.balancegateshead.com

