



Is this you? Can you relate to this?

Do you struggle to make sense of the festive season?

Does this time of year bring you additional stress and anxiety?

Do you feel overwhelmed trying to please others?

Does the festive season leave you feeling down and depressed?

Do you wish things weren't this way?

Dear santa.
I just want to be happy.



How to Survive Christmas?

Write about it before it happens

It can help!

A Writing for Wellbeing Workshop

Craft Christmas for YOU

Saturday 11th November

Norwich Wellbeing Centre

10am - 4.30pm

£55

