

# Mental Health & Well Being Level 1 Course

A 21 week course held at Reynold's Family Hub

Starting 21st February 2018 . 9.30 - 11.30 am

**A great course covering units in Stress & Stress Management; Mental Health Awareness; Awareness of Substance Misuse; Alcohol Awareness for the Individual & Dementia Awareness.**

**Please contact Rachel Button on 01472 324902 to book your place.**



Reynold's Children's Centre  
Machray Place, Cleethorpes, DN35 7JL

Highgate Children's Centre  
Trinity Road, Cleethorpes, DN35 8UL

Reynolds: 324902  
Highgate: 324323

[www.nelincs.gov.uk](http://www.nelincs.gov.uk)

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