



MoodMaster

Is life losing its sparkle?

MoodMaster is an upbeat approach to physical and emotional well being.

Are you ... Depressed ... Anxious ... Irritable ... Angry? Do you have trouble sleeping, have difficulty concentrating, problems in controlling your emotions, or is life just losing its sparkle?

MoodMaster can help!

We are planning weekly groups in your area to help you deal with troublesome emotions and give positive, structured sessions to help make your life more enjoyable.

Join us online every Friday (1-2pm)

Herefordshire & Worcestershire Wellbeing & Recovery College

This is a funded course, open to anyone living in Worcestershire. If you are interested in attending please get in touch by emailing us at:
training@springfieldmind.org.uk

