|  |  |  |
| --- | --- | --- |
| **Women Self – Care Group**  **Every Thursday from 10:30am – 12.30 pm**  **Day-Mer Centre, 16 Howard Rd in former Library, London N16 8PU** | | |
|  | **Date** | **Topics** |
|  | 08.11.18 | **Introduction** |
|  | 15.11.18 | **What is self –care** |
|  | 22.11.18 | **Coping with anger** |
|  | 29.11.18 | **Coping with depression** |
|  | 06.12.18 | **Coping with chronic illness** |
|  | 13.12.18 | **Mindfulness – Relaxation** |
|  | 20.12.18 | **Outing** |
|  |  | **Break due to seasonal holiday** |
|  | 10.01.19 | **Healthy eating** |
|  | 17.01.19 | **Exercise** |
|  | 24.01.19 | **Family & friends** |
|  | 31.01.19 | **Learn to say ‘No’** |
|  | 07.02.19 | **Be good to yourself** |



For more info: KMEWO [www.kmewo@com](http://www.kmewo@com) - Phone: 07412364046

**This is a free service and for Hackney residents only**