

**SOUTHWARK  
WELLBEING  
HUB**



**Black Space  
Wellbeing Group**

# Black Space

A new group for Black people in Southwark to explore their mental health support needs.

- Share your experiences and connect with others
  - Explore self-care and coping strategies
  - Be a part of an inclusive community
- Work towards positive mental wellbeing

## 1st series:

13th January 2022  
20th January 2022  
27th January 2022  
3rd February 2022

## 2nd series:

17th February 2022  
24th February 2022  
3rd March 2022  
10th March 2022

All sessions run from 11am to 1pm at the Southwark Wellbeing Hub. Attendees are welcome to attend a whole series or individual sessions.

Book at [www.ticketsource.co.uk/southwark-wellbeing-hub](http://www.ticketsource.co.uk/southwark-wellbeing-hub) or contact the Hub via phone or email.



Southwark Wellbeing Hub, Thames Reach Employment Academy, 29 Peckham Rd, London SE5 8UA



020 3751 9684



[southwarkhub@together-uk.org](mailto:southwarkhub@together-uk.org)



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