

POWWOWs are workshops on wellbeing and offer a chance for a group of people with a shared interest in a particular area of wellbeing come together to share knowledge and experience. The groups focus on exploring tips, ideas and practical steps that can be taken to improve wellbeing on the selected subject.

## Booking Form

Name:		Date	
Address & Postcode:			
Telephone:		Ok to leave message	
Email:		Preferred method of contact	

Please add relevant information that you would be helpful for us to be aware of (e.g. disabilities, medical conditions, preferred ways of communication)

Which of wellbeing workshop would you like to attend?	Location:	Yes	No
04/12/2019	Tea and Talk – Coping Skills	<input type="checkbox"/>	<input type="checkbox"/>
10/12/2019	Christmas Arts and Crafts	<input type="checkbox"/>	<input type="checkbox"/>
11/12/2019	Anxiety Matters	<input type="checkbox"/>	<input type="checkbox"/>
12/12/2019	Winter Gardens – Walk	<input type="checkbox"/>	<input type="checkbox"/>
17/12/2019	Wellness Toolbox	<input type="checkbox"/>	<input type="checkbox"/>
18/12/2019	Healthy Relationships	<input type="checkbox"/>	<input type="checkbox"/>
19/12/2019	Board games	<input type="checkbox"/>	<input type="checkbox"/>
23/12/2019	Tea and Talk – Positive Self talk	<input type="checkbox"/>	<input type="checkbox"/>
30/12/2019	Tea and Talk – Ways to express yourself	<input type="checkbox"/>	<input type="checkbox"/>

To find out more about Penumbra, visit [www.penumbra.org.uk](http://www.penumbra.org.uk) or find us on social media