



WELLNESS

RECOVERY

HEALTH

The Nova team are pleased to offer a selection of workshops and activities which cover different topics throughout Aberdeen, where we can have fun and learn by sharing ideas and techniques to successfully manage mental health and wellbeing.

Date and Time	Topic and description	Venue
Wednesday 4th December 1pm to 3pm	Tea and Talk—Coping Skills We know that this time of year can be hard, so come along for a chat about coping skills to use through the festive period.	Recharge Café Bon Accord Centre Aberdeen AB25 1NZ
Tuesday 10th December 10am to 1pm	Christmas arts and crafts Join us this holiday season to make cards, decorations and other holiday crafts. Materials supplied so just come along.	Rosemount Community Centre Belgrave Terrace Aberdeen, AB25 2NS
Wednesday 11th December 1:30pm to 4pm	Anxiety Matters Talk about the impact of anxiety on our bodies and minds. Then, try to identify the thoughts that make us anxious and discuss techniques that we can use to help reduce anxiety.	Aberdeen Health Village 50 Frederick Street, Aberdeen AB24 5HY
Thursday 12th December 10:30am to 1pm	Winter Gardens—Walk off the winter blues Join us for a gentle walk whilst sharing tips on how to cope with stress over the festive period.	Meet at the doors of the Winter garden, Duthie Park, Aberdeen
Tuesday 17th December 10am to 1pm	Wellness Toolbox The first step to developing a Wellness Recovery Action plan, is to develop a Wellness toolbox. Join us to start filling your festive wellness toolbox.	Rosemount Community Centre Belgrave Terrace Aberdeen, AB25 2NS
Wednesday 18th 1:30pm to 4pm	Healthy Relationships We will look at what healthy and unhealthy relationships look like and map our relationships to see where they fall. We will look at protecting ourselves in unhealthy relationships.	Aberdeen Health Village 50 Frederick Street, Aberdeen AB24 5HY
Thursday 19th December 1:30pm to 4pm	Board Gaming Playing board games has been shown to have a positive effect on mental health so join us this Christmas to play some games	Siberia The Pool room, 9 Belmont Street Aberdeen AB10 1JR
Monday 23rd December 1pm to 3pm	Tea and Talk— Positive Self Talk We know that this time of year can be hard, so come along for a chat about practicing positive self talk.	Recharge Café Bon Accord Centre Aberdeen AB25 1NZ
Monday 30th December 1pm to 3pm	Tea and Talk—Ways to express yourself From journaling to arts and crafts, we all have different ways of expressing yourself. Come and explore some new ideas.	Recharge Café Bon Accord Centre Aberdeen AB25 1NZ

To book please contact us on 01224621266 or complete a booking form which you can request by email at aberdeen.nova@penumbra.org.uk.

If you are feeling overwhelmed, confused or in crisis our Aberdeen 1st Response service can support you to find ways to successfully resolve the crisis situation and plan for the future.

**Call or email us Monday to Friday 1pm to 5pm on
0800 2343695 or aberdeen1stresponse@penumbra.org.uk**

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