

ROSE BUDDIES

Men's Group

Gareth Williams Occupational Therapy
Assistant for the NHS

Will be running 8 **FREE** workshops to help men learn more about **self image, dealing with stress, anxiety, bereavement, healthy eating**, and how to feel good about yourself, in social situations.

Refreshments are available at a small cost!



Who is the workshop for?

Men with learning difficulties, living in the Wokingham area.

When is the workshop?

- **Wednesday 15th February 2012 1-3pm**
- **Wednesday 22nd February 2012 1-3pm**
- **Wednesday 29th February 2012 1-3pm**
- **Wednesday 7th March 2012 1-3pm**
- **Wednesday 14th March 2012 1-3pm**
- **Wednesday 21st March 2012 1-3pm**
- **Wednesday 28th March 2012 1-3pm**
- **Wednesday 4th April 1-3pm**

Where will the workshops take place?

44 Rose Street, Wokingham, RG40 1XU

Would you like to attend?

Places are limited so *please let us know* if you would like to come to these workshops. Ring **Lisa on**

tel: 0118 979 9106 or email:

lisa.hookway@creativesupport.org.uk



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