

The Essentials

Half-Day Workshop

Learn a practical 'Toolkit' approach for thinking about, managing and talking about your mental health.

100%

Agreed they would recommend this training to a friend or colleague *

95%

Agreed they could see themselves applying the content of the session in their personal lives.*

Training dates

21 January 2026
9.30am-1.00pm

11 February 2026
9.30am-1.00pm

Location

**South Woodham Ferrers
Community Hub
19 Woodham Halt
South Woodham Ferrers
CM3 5JB**



Thank you to South Woodham Ferrers Town Council for funding the £75 per person session charge, making these workshops **FREE** for you to attend.