



WEST HUB EVENTS

# WELLBEING FESTIVAL

A dynamic series of seminars, workshops, and activities dedicated to promoting mental health awareness and overall wellbeing.



**13th to 17th  
MAY**

   @westcamhub

 [info@westcamhub.co.uk](mailto:info@westcamhub.co.uk)

WEST HUB EVENTS

# WELLBEING FESTIVAL

13TH - 17TH MAY 2024

♥ **SESSION 1 - COMMUNICATING MINDFULLY, GROWING RELATIONSHIPS WORKSHOP**

MONDAY, 13TH MAY 2024 | 1:00PM TO 2:00PM | WEST 1

♥ **SESSION 2 - FOSTERING SELF-AWARENESS AND RESILIENCE WITH LEGO SERIOUS PLAY**

TUESDAY, 14TH MAY 2024 | 10:00AM TO 12:00PM | WEST 2

♥ **SESSION 3 - DIGITAL WELLBEING AND PRODUCTIVITY**

WEDNESDAY, 15TH MAY 2024 | 2:30PM TO 4:00PM | EAST 1

♥ **SESSION 4 - LET'S TALK ABOUT - RESILIENCE AND MENTAL WELLNESS**

THURSDAY, 16TH MAY 2024 | 9:00AM TO 10:30AM | WEST 1

♥ **SESSION 5 - LET'S TALK ABOUT - HOW TO COMMUNICATE TO GET OUR NEEDS MET AND REDUCE CONFLICT**

THURSDAY, 16TH MAY 2024 | 11:30AM TO 1:00PM | WEST 1

♥ **SESSION 6 - LET'S TALK ABOUT - SUPPORTING INDIVIDUALS ON THE AUTISTIC SPECTRUM AND THEIR COMMUNITY**

THURSDAY, 16TH MAY 2024 | 2:30PM TO 4:00PM | WEST 1

♥ **SESSION 7 - THE ZEN BUS (MULTIPLE SESSIONS THROUGH THE DAY)**

THURSDAY, 16TH MAY 2024 | 10AM TO 4:00PM | OUTDOORS

♥ **SESSION 8 - HABITS FOR DIFFICULT THOUGHTS & ANXIETY**

FRIDAY, 17TH MAY 2024 | 1:00PM TO 2:00PM | EAST 2

