

Stress Less

Free Wellbeing Workshop

Thursday 28th May 2026
10:00am - 12:00pm

Brett Young Carers Hub
Old Hawne Lane, Halesowen, B63 3TB

This workshop aims to enable learners to better understand stress, how it can impact everyday life, and explore easy, realistic ways to look after themselves and manage stress.



Adult and Community Learning are a 19+ service
Support for people not in work and not actively job searching



To book visit <https://buytickets.at/dudleymbc1/2213790> or scan the QR code or call Dudley Carers Hub & Wellbeing Service on 01384 818723

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Adult and Community Learning

