

HOPE

- Help Overcome Problems Effectively -

If you feel ready to make positive changes, join our free course for adults to boost your confidence and take charge of your health. Whether you're managing a health condition, caring for others, or just feeling overwhelmed - you are welcome here.



New Course Dates:

Tuesdays starting 02 June - 07 July

1-3.30pm

Yarn Barton, 6 Fleet Street, Beaminster,
DT8 3DR

HOPE is a free six-session course that covers topics including:

- Managing stress, fatigue
- Getting better sleep
- Mindfulness
- Dealing with setbacks
- Communication and relationships
- Getting active, creative and eating well
- Using your strengths to make you happier

"An amazing difference to my daily life. More relaxed and able to cope with all the changes."

- Anon, Course Attendee, 2025

To book a place, please contact:



0303 303 0153



hope@helpandcare.org.uk



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