

 ACL

Mental Health & Wellbeing Courses

ACL Maldon

Course	Start Date	End Date	Time	Fee
Step Towards Confidence	15/04/26	22/04/26	10:00 - 12:30	Free
Goal Setting for Wellbeing	15/04/26	22/04/26	13:00 - 15:30	Free
Self-Care for Resilience	29/04/26	10/06/26	10:00 - 12:30	Free
Health and Wellbeing	29/04/26	10/06/26	13:00 - 15:30	Free



ACL Maldon

Carmelite House
White Horse Lane

acessex.com

0345 603 7635



Essex County Council

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Course	Start Date	End Date	Time	Fee
Positive Habits for Wellbeing	17/06/26	24/06/26	10:00 - 12:30	Free
Stress Awareness	17/06/26	24/06/26	13:00 - 15:30	Free
Managing Overwhelm	01/07/26	08/07/26	10:00 - 12:30	Free
Managing Sleep for Wellbeing	01/07/26	08/07/26	13:00 - 15:30	Free



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Course	Start Date	End Date	Time	Fee
De-Cluttering for Wellbeing	15/07/26	22/07/26	10:00 - 12:30	Free
Beyond Bullying	15/07/26	22/07/26	13:00 - 15:30	Free



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