

Peebles Ways to Wellbeing

10 weeks of mental health & wellbeing workshops

Open to anyone aged 18+ and living in the Scottish Borders, with or without a diagnosed mental health condition.

Weekly workshops designed to help you build your self-management toolkit, focusing on areas such as creative coping strategies and psychoeducation.

The course will be delivered in peer focused, flexible way, according to the needs of the group.

Contact us to find out more:

Email: hello@health-in-mind.org.uk

Phone: 01896 807 000



Time: 1pm – 3 pm

Dates: Every Wednesday
Starting 14 October 2026

Venue: Confirmed on completion
of initial conversation.

Booking required.

**Visit our website or scan here
for info and booking enquiries**



health-in-mind.org.uk

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