



Surviving being a military partner

Our online course is an opportunity to meet other military partners and learn tips for managing your wellbeing. The 4 session course has been developed by practitioners who are military partners themselves, for anyone who is in a relationship with a serving member of the armed forces.

(Please note this is for those registered with a GP wider Hampshire area excluding Portsmouth, Southampton, Farnborough and Fleet)

Every Tuesday 1800–1930 from: 04/04/2023 – 25/04/2023
04/07/2023 – 25/07/2023
07/11/2023 – 28/11/2023

To register your interest and to receive sign up online:

<https://www.italk.org.uk/how-we-help/wellbeing-classes/>

or call 023 8038 3920

This workshop is being run by your local IAPT service iTalk in collaboration with Anchoring Minds.

