



# HAPPY HEADS



## Balance Ball (Wellbeing Workshop)

We would like to invite you to an online Balance Ball workshop that has been developed and delivered by the wonderful team at Happy Heads, a non-profit mental health early intervention and prevention organisation encouraging, educating and empowering others in promoting recovery and positive mental health.

It will be hosted by Co-directors, Ruth Moragas, Sandeep Saib & Felisha Dussard.

It is a safe place to share, process and explore the Balance Ball, especially in light of COVID-19.

Please see booklet for more information. As this is a creative workshop you will need to have some colouring pencils to hand.

The workshop will be on Wednesday 1st July and will run from 11am-2pm with a lunch break (virtual lunch is not provided!). Login details and passwords will be shared with those who have registered their interest nearer the time.

**Wednesday 1st July 2020, 11am until 2pm**  
**Online - login details will be shared with those registered**

**Register by emailing:**  
**[ess@mindincroydon.org.uk](mailto:ess@mindincroydon.org.uk)**

Supported by  
 **mind in Croydon**  
for better mental health