

Kelso Ways to Wellbeing

9 weeks of mental health & wellbeing workshops

Open to anyone aged 16+ 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 psycho-education.

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: 10.00 am – 11.30 am

Dates: Every Thursday
17 July – 11 September 2025

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



Galashiels Ways to Wellbeing



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

Phone: 01896 807 000

Time: 10.00 am – 11.30 am

Dates: Every Thursday
24 July – 18 September 2025

Venue: Confirmed on completion
of initial conversation.
Booking required.

Visit our website or scan here
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Duns Ways to Wellbeing

9 weeks of mental health & wellbeing workshops

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Contact us to find out more:

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

Phone: 01896 807 000



Time: 10.00 am – 11.30 am

Dates: Every Wednesday
16 July – 10 September 2025

Venue: Confirmed on completion
of initial conversation.
Booking required.

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Peebles Ways to Wellbeing

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Contact us to find out more:

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

Phone: 01896 807 000



Time: 2.00 pm – 3.30 pm

Dates: Every Wednesday
16 July – 10 September 2025

Venue: Confirmed on completion
of initial conversation.
Booking required.

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Contact us to find out more:

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

Phone: 01896 807 000



Time: 2.00 pm – 3.30 pm

Dates: Every Tuesday
15 July – 9 September 2025

Venue: Confirmed on completion
of initial conversation.
Booking required.

Visit our website or scan here
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