



# LGBTQ+ WELLBEING WORKSHOP

**FREE TO ATTEND - IMPROVE YOUR WELLBEING**

**Room 1, Coniston Community Centre, Patchway, BS34 5LP**

**📅 Saturday 1st June 2019 ⌚ 1:30pm to 4:30pm**

Do you want to improve your wellbeing? Do you feel your sexual orientation and gender identity is a barrier to accessing mainstream services?

Come and meet other LGBTQ+ people, explore barriers, learn about what helps improve and maintain good emotional wellbeing.

Book your free place at [oneyou.eventbrite.com](https://oneyou.eventbrite.com) or email [wellbeing@diversitytrust.org.uk](mailto:wellbeing@diversitytrust.org.uk) to confirm your place with your name, contact number and any dietary requirements.

This session is run by Diversity Trust on behalf of Southern Brooks Community Partnerships and South Gloucestershire Council.

**ONE YOU**

**SOUTH GLOUCESTERSHIRE**

**[oneyou.southglos.gov.uk](https://oneyou.southglos.gov.uk) | 01454 865337**