

Wellbeing Classes



Join us to develop skills & tools to tackle the challenges of day-to-day life.

Each 2-hour class is delivered via video to groups of up to 10 people by experienced Lifelink facilitators. They cover life skills aimed at helping you to lead a fulfilling and productive life. Participants can attend as many classes as they like, and they are open to everyone with a Glasgow postcode. Each class will be themed around a certain topic - you can read more on each individual course below:

Learning the Art of Relaxing

This class is focused on learning skills and techniques to help you relax effectively.

We use mindfulness techniques to enable you to bring your attention to what you want to focus on and help you to become comfortable with your own inner thoughts and feelings.

Wednesday 24th June 10am - 12pm

Coping with Change

This class will help you learn to recognise the different changes that may happen in our lives and consider how we can better cope with them. We'll also look at practical strategies for moving forward after difficult changes occur.

Wednesday 24th June 2pm - 4pm

Build Resilience and Improve Personal Effectiveness

This class is designed to help you understand how resilience helps improve your ability to cope with set backs, challenges, difficult situations and help you to adapt to change more effectively. We will provide a toolbox of techniques and strategies to support you to develop your own resilience.

Thursday 25th June 10am - 12pm

To book any of these classes contact Lifelink on 0141 552 4434 or email info@lifelink.org.uk