

STAYING WELL  
ACTION PLANS

COLOURING IN

SIGN POSTING

A  
SAFE  
SPACE

FIDGETS

ACUPUNCTURE

# SELF CARE & WELLBEING HUB

ALERT CARDS FOR TRAUMA

HAVE YOUR SAY ON  
LOCAL ADULT MENTAL  
HEALTH SERVICES

CREATIVE WRITING

SELF HELP BOOKS,  
JOURNALS & AUDIOBOOKS

CONDOMS

BUDGETING



FRIDAYS @ 5-7PM FOCUS CENTRE GALASHIELS