

HEALTH, WELL-BEING & COMMUNITY ENGAGEMENT TEAM



Is life losing its sparkle?
MoodMaster can help!
With an upbeat approach to
physical and emotional well-being.

6 weekly CBT-based sessions to help you to
make your life more enjoyable and manage
troublesome emotions such as worry and
stress.

We would love you to sign up to this, enjoy
coffee and biscuits in a relaxed atmosphere
here at Temple Meadow.

Sessions start on 16.4.24 at 9.15

To guarantee your place email
tm.admin@meadow.sandwell.sch.uk

Or speak to a member of the Pastoral Team