Information NOW
Information for people in Newcastle upon Tyne

Inner Light Wellbeing CIC

Inner Light Wellbeing provide health and wellbeing workshops to help people who are suffering from mental health conditions due to their personal circumstances such as

- Bereavement
- Caring for a loved one who is ill, disabled, suffers challenging behaviour, or has additional needs
- Struggling every day.

These workshops will provide an opportunity to meet like-minded people and to learn and understand the importance of health and wellbeing for your mental health, realising that it's not something you need to put up with, as there are tools and strategies to help them to manage it on a day-to-day basis.

They work with individuals and businesses to empower them by educating the importance of self-care through face-to-face or online workshops and providing an opportunity to join a membership program where they can access specific workshops, weekly/monthly support groups, and a panel of professional experts to help with specific issues.

Workshops start at £20.00 per person for individuals

They provide these services for Gateshead, Durham, Newcastle, Northumberland, North Tyneside, South Tyneside and Sunderland

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Telephone: 0794 301 5154

Website: https://innerlightwellbeingcic.co.uk/

Email: info@innerlightwellbeingcic.co.uk

Facebook: https://www.facebook.com/InnerLightWellbeingCIC/

Cost: There may be a cost to this service/support

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