



**NHS**

Bristol, North Somerset  
& South Gloucestershire  
Talking Therapies

# ANIMAL CARE FOR WELLBEING

**6 WEEK  
SHORT  
COURSE**

For anyone who identifies as having mild  
to moderate mental health challenges  
and wishes to improve their wellbeing  
through caring for our animals in a social setting.

Suitable for 18+

**10:00AM - 12 NOON**

**10/01/2025 - 14/02/2025**

**28/02/2025 - 04/04/2025**

**FRIDAYS**

[wellbeing@windmillhillcityfarm.org.uk](mailto:wellbeing@windmillhillcityfarm.org.uk)

0117 947 1194