



## Workshop

# The Inner Garden: Growing Mental Wellbeing, Calm, and Happiness

*Nurture your mind. Grow your well-being.*

A practical and engaging session using the “inner garden” metaphor to explore mental and emotional well-being in a calm, supportive space.



### What You'll Explore



Understanding your current well-being (“your soil”)



Identifying stressors (“weeds”)



Building positive habits (“seeds”)



Creating your own well-being plan



Date:  
Thursday,  
June 18th



Time:  
1:00 pm – 3:00 pm



Location:  
AT Beacon Project  
SW9 Learning Centre.  
153 Stockwell Road,  
SW9 9FX



*Facilitator:*

**Rev. Les Isaac, OBE**

Faith and Community Lead, AT Beacon  
President, Ascension Trust

*Join Us*

Open to all—  
You're welcome to  
bring a friend along.

### Organised by:



Our Partners:

