

HAPPY HOUR

EVERY MONDAY AND THURSDAY AT 1.00PM

MONDAY

Join us every Monday on our social media platforms where we will be sharing a fun activity that you can do with your family that is aimed at not only having fun but also improving relationships!!



THURSDAY

Every Thursday we will be on social media following Action for Happiness' 10 keys to happier living, and how you can promote these with your family

GREAT DREAM

Ten keys to happier living

GIVING		DIRECTION	
RELATING		RESILIENCE	
EXERCISING		EMOTIONS	
AWARENESS		ACCEPTANCE	
TRYING OUT		MEANING	

CONTACT US FOR MORE SUPPORT

During both of our happy hours we will have a practitioner available to support your family with any other issues you may be facing



Instagram: Servicesix

Facebook: Service Six

Twitter: ServiceSix1

Helpline and Whatsapp: 07718003219