

## Lifting of Restrictions

A webinar hosted by Here For You  
Psychologists Bhavisha Dave and Jacqui Gratton

The aim of the Webinar is to offer a space to discuss how people are feeling about the lifting of restrictions and what it means for them. This could be emotionally, physically and for personal/work related changes. We will also discuss strategies and support to help staff during these times.

**Date: Monday 19<sup>th</sup> July 2021**

**Time: 15:30 – 17:00**

**Eventbrite link:**

<https://www.eventbrite.co.uk/e/lifting-of-restrictions-a-webinar-by-here-for-you-tickets-163058850411>

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