



# FARSOPHONE COUNSELLING SERVICE (FCS)

WORKING IN PARTNERSHIP WITH THE NHS

To help everyone stay connected and to promote Mental Health and Wellbeing, FCS is offering free monthly psycho-educational workshops in English and Farsi accessible to everyone.

**TO FIND OUT HOW TO ACCESS THE WORKSHOPS AND FOR MORE INFORMATION, PLEASE CONTACT US BY:**

 **Email:** [nhsworkshop@farsophone.org.uk](mailto:nhsworkshop@farsophone.org.uk)

 **Tel:** 02089377248

 **Instagram:** FCS\_London

 **Facebook:** @FCSWorkshops

برای کسب اطلاعات بیشتر و نحوه ثبت نام در کارگاه  
ها، با شماره ۰۲۰۸۹۵۱۲۰۰۴ یا با ایمیل  
[nhsworkshop@farsophone.org.uk](mailto:nhsworkshop@farsophone.org.uk) تماس

بگیرید.



TALKING YOUR WAY TO  
BETTER MENTAL HEALTH

