



# WE NEED YOU!

THE TEAM AT YORKSHIRE PSYCHOTHERAPY ARE TAKING PART IN THE BARNSELY HOSPICE ACCUMULATOR CHALLENGE DURING FEBRUARY 2018!! WE NEED TO RAISE AS MUCH MONEY AS WE CAN SO PLEASE HELP SUPPORT US IN THE FOLLOWING WAYS:

1

By donating a product or service that we can auction off on Monday 26th February 2018, 12pm in the Bistro, BBIC.

2

By coming to the auction and bidding on the fabulous donations.

3

By attending one of our relaxation sessions. These will be hosted by Heather from Yorkshire Psychotherapy where she will teach relaxation skills to help in your day to day life. Tickets £10 minimum donation, please email [info@yorkshirepsychotherapy.co.uk](mailto:info@yorkshirepsychotherapy.co.uk) to reserve your place. Relaxation dates: Monday 12th February 6pm – 7.30pm, Wednesday 28th February 6pm – 7.30pm, East Meeting Room, BBIC.

We are also selling 'Pick Me Up Jars' and 'Share the Love Wellbeing Boxes', pop in to Yorkshire Psychotherapy office or give us a ring 01226 934577

  
Yorkshire  
Psychotherapy

  
BARNSELY  
Hospice