

Confirmation of Participation

Date: [Insert Date]

Dear [Participant's Name],

We are pleased to confirm your participation in the Mental Wellness Workshop scheduled for [Insert Date of Workshop] at [Insert Location]. The workshop will begin at [Insert Start Time] and conclude at [Insert End Time].

Throughout the workshop, you will engage in various activities designed to enhance mental wellness and develop coping strategies. Please bring along a notebook and any materials that you think may be helpful.

If you have any questions or need further information, feel free to contact us at [Insert Contact Information].

Thank you for your commitment to mental wellness. We look forward to seeing you!

Sincerely,

[Your Name]
[Your Position]
[Organization Name]
[Contact Information]