

Anxiety Management Course



This course will help you to understand how stress and anxiety may be triggered and teach you techniques to help cope when you experience anxiety.

Groups will be small and friendly, and will be held on Fridays

This is a 4 week course

Start Date: Friday 22nd February 2019

Time Week 1: 1pm-2pm

Time Weeks 2,3 & 4: 1pm-3pm

Venue:

Joseph Palmer Centre,
Walton Road, West Molesey, KT8 2QG.

Please bring your National Insurance number with you

You will need to be registered with Mary Frances Trust to attend this group.

**To book your place, please ring 01372 375400,
SMS 07929 024722**

Or email info@maryfrancestrust.org.uk

Please contact us for referral paperwork.

Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities to aid recovery

Mary Frances Trust

