

Anxiety Self Help Group

in Walton-on-Thames

If you are struggling getting to work, you are constantly worrying and can't concentrate, or you are generally finding life hard to cope with because of anxiety, please come along to this self help group where you can:

- share ideas about coping
- share experiences and difficulties
- support each other in a friendly, non-judgmental environment

This group is held on the 4th Tuesday of every month

at St John's Room, St John's Church, The Furrows,

Walton-on-Thames KT12 3JQ

7pm to 9pm

If you would like to attend, or for more information, please contact Kathy on

Tel: 01372 375400 Text: 07412 324719

email: kathy@maryfrancestrust.org.uk