



Managing Stress Workshop

Do you feel stressed, worried, anxious, burnt out?

Do you struggle to have a positive work/life balance?

Do you struggle with the motivation for self care?

We offer free NHS courses based on cognitive behavioural therapy (CBT) to help you cope with the challenges of day-to-day stress

Please contact us to reserve your place on the next course:

Date: Starting Monday 7th October

Time: 6 – 7.30pm

Place: The Mary Frances Trust, 23 The Crescent, Leatherhead KT22 8DY

Talk to us today
01483 906 392

Or visit
dhctalkingtherapies.co.uk

