

Coping skills for Managing Stress



Venue:

Mary Frances Trust
23, The Crescent
Leatherhead
KT22 8DY

Time: 6pm-7:30pm

Date: Tuesday 3rd September
(for 4 weeks)

Booking essential:

Please contact Mary Frances Trust

Tel: 01372 375400

SMS: 07929 024722

E: info@maryfrancestrust.org.uk

This course, delivered by Dorking Health Care (DHC), will be a Talking Therapy course helping you to identify and use various skills in dealing with life's stressful issues.

This is a free course. *

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

* People who enrol on this course will have to complete a referral form with DHC, either on the website, telephone, or paperwork. Please ask for more details.