



Centre for Psychology

Helping you overcome daily challenges

[www.centreforpsychology.co.uk](http://www.centreforpsychology.co.uk)

NHS



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

# Coping with Worry and Low Mood

Learn Cognitive Behavioural Therapy techniques to manage and overcome stress, worry and low mood in your every day life.

Funded by the  
NHS



Next group:

Start: **Wednesday 18th  
September 2019**

Time: **6-8pm**

Duration: **6 weeks**

Location: **Brickfields  
Centre, Epsom**

**Contact Mary Frances Trust if you are interested**

Call 01372 375400, text 07929 024722 or email  
[info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)



Centre for Psychology

@Centre4Psych

