

MaryFrancesTrust

Managing Anxiety

wea.org.uk

Managing Anxiety

This 4 week course will help you to identify reason and symptoms of anxiety and help you to find practical strategies for managing anxiety.

This course is **Free of Charge** and is for clients registered with Mary Frances Trust.

Book today:

Contact Mary Frances Trust- 01372 375400, text 07929 024722, or email: Info@maryfrancestrust.org.uk

To obtain a pin number then book online or by phone on **0300 303 3464**

www.wea.org.uk course code: **C3744084**

When: Thursday 13th June -11th July (every Thursday for 4 weeks excluding 20th June)

Where: Mary Frances Trust, The Crescent, Leatherhead

Time: 10am- noon

Facilitator: Angie Muscio



Education & Skills Funding Agency



European Union European Social Fund

The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



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