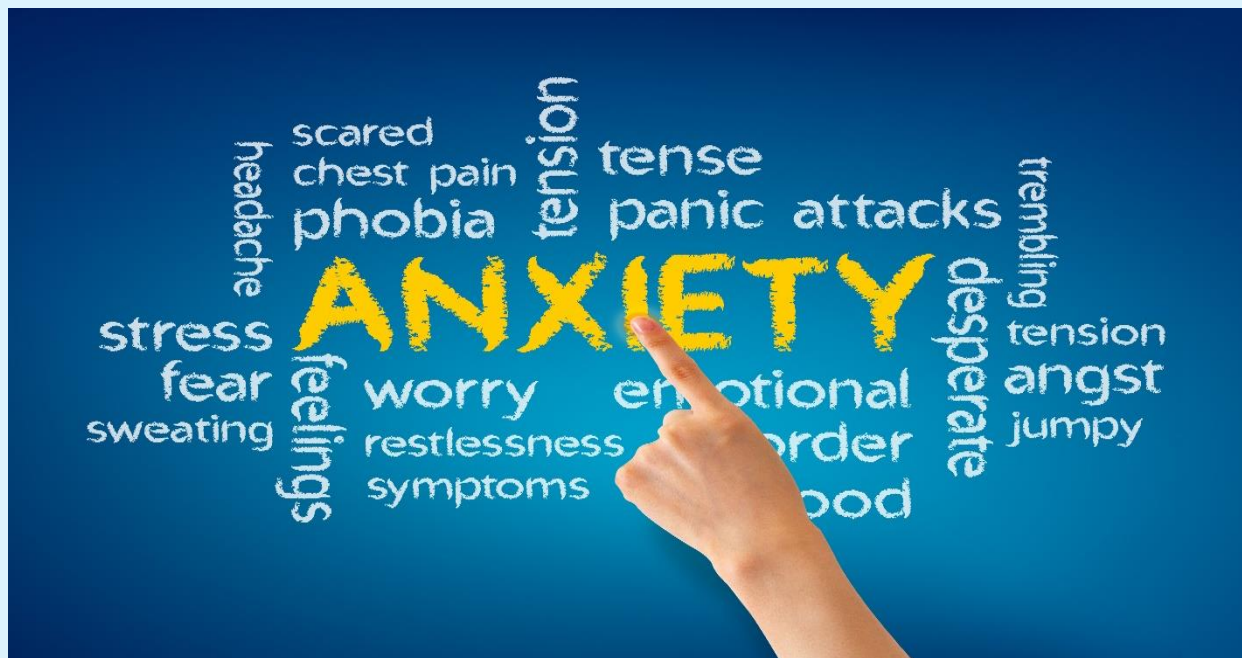


Anxiety Care UK

Working with you towards Recovery

Understanding & Managing Anxiety

www.anxietycare.org.uk



This workshop is aimed at anyone experiencing stress or anxiety (including, but not limited to, OCD, panic attacks, and phobias) their friends and relatives.

This may also be of interest to health professionals, students, counsellors, or anyone with an interest in understanding and overcoming anxiety.

Venue: Living Well Resource Centre,
372 Chadwell Heath Lane,
Chadwell Heath, RM6 4YG

Starting Tuesday 7th Feb 2017 for 8 weeks 7pm - 8.30pm

Cost: £3 per week or £20 (paid in advance) for 8 weeks.

Booking: Send contact details by post to the above address, or by email to admin@anxietycare.org.uk