

The most recommended online course for stress, anxiety and depression by improving Access to Psychological Therapies (IAPT) Teams and NHS Mental Health Trusts in England.



MENTAL HEALTH SUPPORT GROUPS

DELIVERING ONGOING SUPPORT THROUGHOUT THE YEAR

- Anxiety & Worry (Taster session)
- A Healthy You (Taster session)
- Understanding your feelings
- Doing things that make you feel better
- Looking at things differently
- How to fix almost everything
- Building inner confidence
- Things that help & things that don't

28TH JANUARY - 25TH MARCH 6th May- 1st July 10.00am - Hope Church, queen street, lancaster (rear of building)

Get in touch & register your place ASAP

Email: info@adullamprogramme.co.uk Call: 07449 373 979 or 07861 653 978 https://www.adullamprogramme.co.uk/get-involved/

