

FACING YOUR ANXIETY



Anxiety Management Group

Do you struggle with feelings of anxiety?

Does this prevent you from living your life to the full?

Do you avoid situations which you find stressful?

Would you like space to explore positive and practical coping strategies within a therapeutic group setting?

This group aims to provide you with the support and structure to help you proceed to make positive and lasting changes in your life

Course Duration:	6 weeks
Day and Time:	Wednesdays 7.30pm-9pm
Cost:	£10 per week
Start Date:	18th April 2012
End Date:	6th June 2012 (excluding 9th and 16th May)
Venue:	Life-Force Rainbow Room, Life-Force, 3 East Hill, Colchester, CO1 2QL

For further information contact Carol Potter on:
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