



# Stress Management Workshops

Delivered by  
Health in Mind

We all encounter stress every day, from work to family life.

Health in Mind will help you learn how to manage and cope with stress, and support your general wellbeing.

Health in Mind offer workshops specifically designed to help you recognise the signs of stress and how to deal with these.

Workshops are free, 1 hour long and based on cognitive behavioural therapy.

Date: Tuesday 26<sup>th</sup> June

Time: 14.00 – 15.00

Venue: Walk in Centre

Date: Monday 2<sup>nd</sup> July

Time: 10.00 – 11.00

Venue: Walk in Centre