



## Wellbeing Course Dates 2019

Anger Management - 15 Jan - 19 Feb 2019

Stress Management - 26 Feb - 02 April 2019

Anxiety Management - 9 April - 14 May 2019

Depression Management - 04 June - 9 July 2019

Stress Management - 20 August - 24 Sept 2019

Anxiety Management - 01 October - 5 Nov 2019

Depression - 12 November - 17 December 2019

Our wellbeing courses run on Tuesday mornings at Mind from 10-12 and last for six weeks. For more information or to book a place please contact our office.

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