A close-up of a building

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City Cluster Counselling Service

FREE Anxiety Workshop

* We understand that each person's experience with anxiety is unique, and our goal is to offer personalized strategies and tools that cater to your specific needs.
* During our workshop, you will be surrounded by individuals who share similar experiences, fostering a sense of community and understanding.
* Our expert facilitators will guide you through a series of interactive sessions that include mindfulness practices, cognitive-behavioural techniques, and stress management exercises.
* These sessions are designed to equip you with practical skills that you can apply in your daily life to help reduce anxiety and improve your overall well-being.

19th August 2024   10-12pm

Online - Via Zoom

To book onto the workshop please:

Email [Admin@jaclewisfoundation.co.uk](mailto:Admin@jaclewisfoundation.co.uk)

Call or Text 03301336510