

HULL & EAST YORKSHIRE MIND

Stress & Anxiety Management



FREE 10 WEEK COURSE

**Hull & East Yorkshire Mind,
40 Norwood, Beverley**

Wednesday 29 April - 8 July 2009

(with a break for half term 27 May)

1.30pm—3.30pm

Course Tutor: Jeanne Bell

COURSE TOPICS

Recognise symptoms of stress
in yourself and others

Techniques to reduce
anxiety

Identify strategies to boost
self-confidence and mood

Managing daily stress

Identify causes of stress

For further details/or to book a place please ring Liz or Tina on 01482 886098

**Email: lwatson@mindhey.co.uk - Hull & East Yorkshire Mind,
40 Norwood, Beverley, HU17 9EY**



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