

HULL & EAST YORKSHIRE MIND & HESSLE CMHT

Stress & Anxiety Management



FREE 7 WEEK COURSE

Hessle Town Hall
South Lane, Hessle
Tuesday 21 April - 9 June 2009

(with a break on 5 May 09)

1.15pm—3.15pm

Course Tutor: Janet Illidge

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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