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Centre for Psychology

Helping you overcome daily challenges



Carer's Group: Stress Management

A course for carers
to learn Cognitive-Behavioural techniques to manage and overcome stress, low mood, and anxiety - **funded by the NHS**



Next group:
Start: **Monday 25th February 2019**
Time: **10am-12pm**
Duration: **6 weeks**
Location: **Ashford, Surrey**

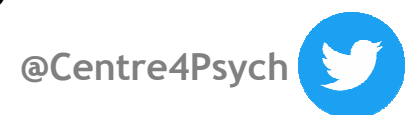
Contact us for more information or to book a place

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Call: 01483 901429



Centre for Psychology



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