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Centre for Psychology

Helping you overcome daily challenges



Coping with worry & low mood

Learn Cognitive-Behavioural techniques to manage and overcome worry and low mood through a course funded by the NHS



Next group:
Start: **Thursday 28th January 2021**
Time: **9.30am-11.30am**
Duration: **6 weeks**
Location: **Online**

Contact us if you are interested:

Email: groups@centreforpsychology.co.uk Call: 01372 610650



Centre for Psychology

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