



Anxiety Management

Free courses for ages 19 years plus, living within Hampshire

Do you find social situations difficult? Find the thought of change overwhelming? Experience negative thoughts, feelings and behaviours?

GCS (*Formally RCS*) are running a free course that will help you to understand more about Anxiety; the effects of anxiety, how it impacts your life and how you could develop positive coping techniques to improve your every-day life

DATE: Thursday 2nd November

TIME: 09.30 to 12.00

VENUE: Oakridge Hall For All, Basingstoke, RG21 5RG

X 5 weeks 2nd, 9th, 16th, 23rd & 30th November. All days to be attended

Contact us **01264 359223**
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Participation &
Lifelong Learning



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