



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 4th January

TIME: 10.00 to 12.00

VENUE: Basingstoke Mind, RG21 5NL

X 6 weeks: Thurs 4th, 11th, 18th, 25th Jan, 1st & 8th Feb. All days to be attended

Contact Basingstoke Mind to book your place



Participation &
Lifelong Learning



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