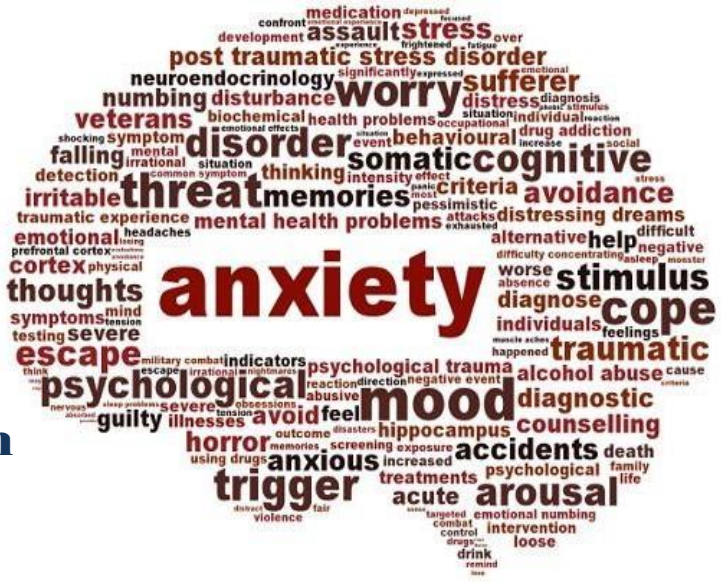
Addressing Anxiety... facing Current fears

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

STARTING:

Thursday 8th October



Time: 10.30 am – 12.30 pm

All courses delivered via zoom/online over 5 weeks

- Do you find social situations difficult?
- Do you avoid new challenges or opportunities?
- Do you put off dealing with things in everyday life?
- Do you find the thought of change overwhelming?
- Do you experience negative thoughts, feelings and behaviours?

RCS

Skills & Participation

To book on to the course or to find out more please call us on 01264 359 223 or email rcsserviceseducation@gmail.com