



Managing Anxiety

Everyone feels anxious at some time in their lives. These workshops help us define what anxiety is, why we experience it and how we can deal with it and recover.

We will look at:

- How anxiety impacts on our mental wellbeing
- The different causes of anxiety
- How we can manage the feelings

Wednesday 8th & 15th Nov
2:00pm till 3:30pm,
2 Sessions
Reading Central Library,
Abbey Square,
Reading RG1 3BQ

Free to join, Enrol with us



Compassrecoverycollege.uk
Compass.opportunities@reading.gov.uk
0118 937 3945

