

FREE ONLINE WORKSHOPS

IN PARTNERSHIP WITH THE NHS

When feeling anxious, thoughts can automatically pop into our minds that can sometimes leave us feeling unhappy and in a negative mindset which in return can affect our wellbeing.

The workshop will provide you with the skills needed to help manage your anxiety, thus improve your mental health and wellbeing.



Topic: Managing Anxiety, Wellbeing and Positive Thinking

Date: Thursday 11th February 2021

Time: 17:00 - 18:00

For more information and how to access the workshops please email nhsworkshop@farsophone.org.uk



**LET'S
TALK**

TALKING YOUR WAY TO
BETTER MENTAL HEALTH

