

STEP ON STRESS

FREE sessions to teach you how to manage your stress better

Learn to manage your stress

- 3 talks about stress over 3 weeks
- Each session lasts about 60 minutes
- Open to anyone over 16 years of age
- Workbooks to help you manage your stress

If you want to learn better ways to deal with common problems like anxiety, low self-confidence, poor sleep and panic, book on to Step on Stress.

Step on Stress is not group therapy or one-to-one support. You do not talk about your problems in front of others. Just sit back and learn some great ways to step on stress.

Dates: 22nd, 29th January & 5th February

Time: 6.30pm – 7.45pm

Location: Bailliefields Community Hub,
Sunnyside Road, Brightons, FK2 0RN

Book your place at: www.bookwhen.com/fvstress

