



A free 6 session course on Zoom to help adults living with depression and anxiety and those who care for them.

CHARITY NO. 1179351

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- Learn about proven skills & techniques designed to aid recovery and wellbeing.
 - A different topic is covered each week by medical, counselling, nutrition, mindfulness and fitness experts.
 - Each session includes time to discuss the topics, share practical tips and learn from each other too.
 - The course is run in a caring, confidential and encouraging manner.
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DURATION: 6 WEEKS – ON ZOOM

DATES: 22 FEBRUARY UNTIL 29 MARCH 2022

TIME: TUESDAY EVENINGS 19:15 – 21:30

For more information visit www.ccsurbiton.org/hidc
or call 07423 144803

