



CHARITY NO. 1179351

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

- 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.

LOCATION: 8 CHRIST CHURCH RD, SURBITON, KT5 8JJ

DATES: 21 FEBRUARY UNTIL 28 MARCH 2023

TIME: TUESDAY EVENINGS 19:30 – 21:30

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



SCAN YOUR PHONE TO
REGISTER