

Managing Stress and Anxiety



A Support Group for Women

**Tuesday 4th, 11th & 18th December 2018 from 10:00am – 12:00 am
at BHT Mental Health and Wellbeing Service
Second Floor 27-29 North Street Brighton BN1 1EB**

At this busy time of year, come and take some time out in a safe and supportive space which offers:

- Relaxation skills
- Mindfulness techniques
- Ways to boost self esteem
- Creative activities

Facilitated by Kate Phillips a Counsellor with many years of experience

Please note: you need to be able to commit to all three sessions.

If you are interested in taking part in this group please contact us on 01273 929471 or email wellbeing@bht.org.uk



Mental Health & Wellbeing Services

Combating Homelessness, Creating Opportunities, Promoting Change