

Stress Awareness Workshop



With National Stress Awareness Day coming up, join us for a friendly, FREE workshop to explore understanding and managing stress. Refreshments provided.

Spaces are limited, so please book your place!

For more information:
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01273 66 69 63

Registered charity no. 219830

When?

Thursday 8th November
10.30am-12.30pm

Where?

Training Room,
Mind in Brighton and Hove,
51 New England Street,
Brighton.

