



***Learn through online sessions and  
1:1 support***



## 10:00 - 12:00

**Course code : O2CL02AFO**

- Take steps to manage your anxiety in an uncertain world
- Learn positive thinking techniques for everyday situations
- Manage your mood mindfully
- Stay calm when feeling stressed
- Know when to ask for help

\*Funded for targeted adults 19 years or over who meet UK residency requirements.

**For more information or to enrol, please call/text**

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