



HEALTH AND WELLBEING GROUP COACHING FOR ANXIETY MANAGEMENT

This programme of four group coaching sessions is for people aged 18 and over who are experiencing anxiety.

The sessions will build an understanding of what anxiety is and explore different ways to manage it. There will be the opportunity to meet other people and share experiences.

SPRING HILL SURGERY
Belfast Road
N16 6UH
WEDNESDAYS
4, 11, 18, 25 March
10.30 am – 12 pm

Please contact Jane Hunter
(Health & Wellbeing Coach
for Springfield Park) for more
details or to reserve a place:
janeh@shoreditchtrust.org.uk
07783 520 089

**Shoreditch
Trust**

Our vision is for a society where we support each other to flourish – socially, economically, in our health and in our wellbeing.
www.shoreditchtrust.org.uk