

**How to Challenge**

**Unhelpful Thinking**

**Free Online Session**

**Wednesday 21st April**

**3-4:30pm**

**Learn some tips to help you:**

* Recognise different thinking styles
* Question thoughts
* ****Balance thoughts and think clearer

Call now to book a place 0114 2264380 or [complete an online referral form](https://gateway.mayden.co.uk/referral-v2/103f989e-50b6-4523-836d-2d2ab2aa0506).