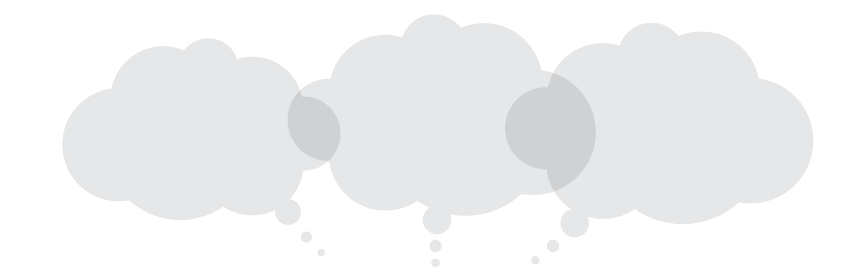
 

**How to Manage Excessive Worry**

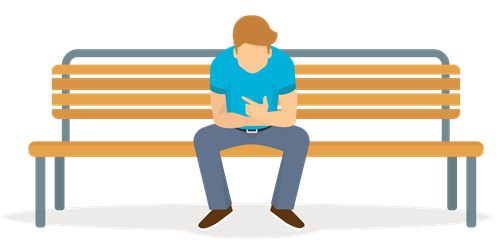
**Free Online Session**

**Wednesday 28th April**

**3-4:30pm**



**Learn some tips to help you:**

* ****Recognise different types of worry
* Manage worry and let go of worries



Call now to book a place 0114 2264380

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