 

**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

or [complete an online referral form](https://gateway.mayden.co.uk/referral-v2/103f989e-50b6-4523-836d-2d2ab2aa0506).