

Coping with Life

A five week course to help you develop coping strategies for depression, anxiety & stress.

Starts 8th November 2019
1pm - 3:30pm



5 weekly, 1 hr 1/2 sessions to help you ...

Manage Anxiety ...

This course provides participants with an understanding of what anxiety is and how it is maintained. You will learn skills to lower anxiety, causes and how to deal with fight or flight situations.

Manage Depression ...

Participants are enabled to understand the thoughts, feelings and behaviours that create depression. You will develop skills that will help to change this cycle, and you will also learn to use coping tools to deal with times when you are feeling low.

Manage Stress ...

You will be helped to identify the causes and effects of stress. You will learn practical skills to help you manage your stress more effectively and ways of reducing stress, so it is manageable for you.

This course is delivered in partnership with Fusion Healthy Living Centre in Park Wood, Maidstone. Thanks to Home Office funding, we are able to offer this course for FREE to anyone interested.

