

Living with Anxiety

Free Online Workshop

Derbyshire Federation of Mental Health



MANAGING ANXIETY IN A POST LOCKDOWN WORLD



As we begin to transition towards a new normal post lockdown, feelings of anxiety can be overwhelming and impact our lives greatly. Many people are anxious about their health, socializing and getting back to doing the things they want, need and love to do .

This workshop provides information and tools to be able to manage and reduce feelings of anxiety in these difficult times. The aim of this workshop is to provide individuals with the confidence, knowledge and skills to move forward in their lives These sessions are delivered via Zoom and are approximately 2 hours in duration, including a short break.

Spaces are limited.

To book please visit our Eventbrite page:

www.eventbrite.com/o/derbyshire-federation-for-mental-health-29631000175

For further information please email us at:

thewellnessproject@dfmh.co.uk

