



KEEP LEARNING

Understanding Anxiety and Panic

Day: Thursday 19 October

Time: 5-7pm

Day: Tuesday 28 November

Time: 10am-12pm

Location: Online



This workshop is for those who would like to learn more about anxiety and panic.

We learn about different types of negative thinking patterns and share our own experiences of how we can relate to these.

We will explore different ideas on how we can turn negative reactions and thought patterns into positives by incorporating different healthy ways to wellbeing into our lives.

Please register and book your place online.



mindinbexley.org.uk/recovery/

