

The Buck Project

Intelligent Kindness

Course starts

31 Jan 2019

Making the Most of Life

If you want to feel less stressed about life and take control then this course is for you:

4 Sessions

9.30 am

To

3 pm

Dealing with negative thoughts

Finding ways to make life feel easier

Relaxation techniques and personal coping strategies

Sleep and health improvements

Coping with panic and anxiety

Powerful next steps

**Free &
Fully
Funded**

Session Dates:

◆ Thursday 31 Jan 2019

◆ Thursday 14 Feb 2019

◆ Friday 8 Feb 2019

◆ Friday 15 Feb 2019

Funding only available if you are unemployed or on a low income

Book with Eventbrite.

For more details, visit our website at www.buckproject.org

For more information call 01865 598180

Venue

Didcot Civic Hall

Britwell Road

Didcot

OX11 7JN

