

The Buck Project

Intelligent Kindness

Making the Most of Life

Course starts

15 January 2019

4 Sessions

9.30 am

To

3 pm

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

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

Session Dates:

◆ Tuesday 15 Jan 2019

◆ Tuesday 22 Jan 2019

◆ Monday 21 Jan 2019

◆ Thursday 24 Jan 2019

**Free &
Fully
Funded**

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

35 Ock Street
Abingdon
OX14 5AG

