

## Long Term Conditions (LTC) Group

### An 8 week Group starting in late January 2020

Living with a Long Term Condition can be stressful and leave us feeling low or anxious at times.

- Have you noticed that you worry more or feel more depressed because of your physical health condition?
- Do you give yourself a hard time when you're having a difficult day?
- Would you like to learn strategies that will help you be kinder to yourself and do more of what's important to you?

The Long Term Conditions Group covers four modules including: Managing Worries, Self Compassion and Valuing Myself and My Future.

#### When?

Mondays 14.00pm - 15.30pm

#### Where?

Community Living Well Talking Therapies, St Charles Health & Wellbeing Centre, Exmoor Street, W10 6DZ

#### How?

If you would like to join this group, speak to your GP or complete our online self-referral form on the Community Living Well website here [communitylivingwell.co.uk/self-referral-form-mental-health/](https://communitylivingwell.co.uk/self-referral-form-mental-health/) or call us on 020 3317 4200

This service is available for people registered with a GP in Kensington & Chelsea, Queen's Park or Paddington and is part of Community Living Well.

