



Community  
**LivingWell**

Working together for your wellbeing



# Stress Less

## Step 2 Anxiety Group

4 Sessions

Learn practical skills to manage anxiety and stress

Sessions run every month

Upcoming Groups:

Tuesday 3rd September, 4pm – 6pm, St Charles Centre  
for Health and Wellbeing, Exmoor Street, W10 6DZ

Tuesday 8th October, 4pm – 6pm, St Charles Centre

Tuesday 5th November, 4pm – 6pm, St Charles Centre

