

Health
in Mind

Anxiety Management Course

Society Hall
27 Drum St, Gilmerton,
Edinburgh EH17 8RQ

Do you experience anxiety?
Would you like to learn tools that
can help?

This in-person course is open to people
living in South-East Edinburgh

Six weekly sessions of 2 hours

Starts on Tuesday 12 April 2022 at 11.00 am

Contact us for more information and to
book a place.

Email: edinburgh@health-in-mind.org.uk

Call: 0131 225 8508 (Ask for Anna / Aynsley)

www.health-in-mind.org.uk   

Thrive Connect Partnership

Working together to provide you with the right support at the right time.

