



MID ESSEX
*Recovery
College*

A safe space for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support **mental health recovery...**

EWS Essex Wellbeing Service

Self-Care Tools For Anxiety and Stress

Workshop dates

10 April - 12:30 - 1:45pm

8 May - 12:30 - 1:45pm

6 June - 12:30 - 1:45pm

16 July - 12:30 - 1:45pm

Delivered via Microsoft Teams

This interactive group session is delivered in partnership with the Essex Health Management programme.

Students will learn a number of tools from the Managing Health Programme that can help with 'day to day' feelings of anxiety and stress.

Students will have the opportunity to participate in breathing techniques and activities that support mindfulness.

The Managing Health Programme supports individuals, through tools and tips, to help them better self-manage their long-term conditions. There are several programmes available, as well as group programmes and telephone support services, so you will have a choice about what feels right for you.



To book a place on this course

For more information or to book a place on any of the session dates please contact the college on the details below;

provide.midessexrc@nhs.net

07751 571431

Scan the QR code below to be taken to our Eventbrite page



← **BOOK A COURSE NOW!**

midessexrecoverycollege.co.uk

Part of the

**Provide
community**