

Developing Resilience Group Programme

Would you like to understand more about and receive support with....

Managing
Anxiety
Thursday 20th
October



Dealing with Loss, Change & Grief Thursday 3rd November



Addressing Loneliness /
Isolation
Thursday 10th November



SESSIONS HELD ONLINE VIA ZOOM

6:30pm - 9:00pm

FREE OF CHARGE

Please e-mail:

admin@evolvecounselling.org.uk
to book a place or find out more information