

Developing Resilience Group Programme

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

Managing
Anxiety
Tuesday 22nd
November



Dealing with Loss, Change & Grief Tuesday 29th November



Addressing Loneliness /
Isolation
Tuesday 6th
December



12:30pm - 3:00pm

Paston Farm Community Centre, Freston, Paston, Peterborough, PE4 7XB (May swap to online, dependent upon uptake)

FREE OF CHARGE

Please e-mail:

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