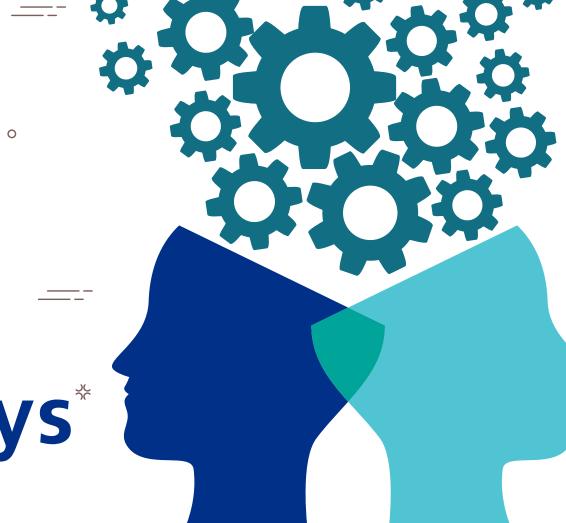


Stockport Talking Therapies

Improving Stressful Days* Workshop



JOIN US FOR A FREE WELLBEING WORKSHOP

WEDNESDAY 24TH APRIL 2-3:30 PM STOCKPORT LIBRARY, SK1 3RS

THIS IS A DROP IN SESSION FOR ANYONE AGED 16+. NO REGISTRATION REQUIRED

Our Improving Stressful Days Workshop explores the intricacies of stress, shedding light on its origins and

equipping you with the tools to master it. You'll also find out more about Trafford Talking Therapies and how to access support that is available.



for anxiety and depression