

Beating the Winter Blues

2 Session Workshop

Learn techniques & strategies to improve your wellbeing during the Winter months.

Do you want to learn strategies to improve the Winter Blues?

Have you started to withdraw from or avoid situations?

Do you find you are worrying throughout the day?

Are you socially isolated or lonely?

What is the Workshop about?

This Workshop is a FREE Cognitive Behaviour Therapy (CBT) course for adults experiencing symptoms of low mood or anxiety.

How could the Workshop help?

The Workshop helps you learn new skills to enable you to tackle the many challenges associated with experiencing these symptoms, you will be taught techniques and ways of managing anxiety and low mood.

Some of the topics/ techniques you will learn on the course include:

- Session 1- Activity & Pacing and how to reduce social isolation.
- Session 2 - Managing unhelpful thoughts, Worry Management & how to improve your confidence.
-

When & where is the Workshop?

The Workshop will be at SKY UP Digital Hub, 2 Castle Street, Edgeley, Stockport, SK3 9AB. Attend on one of the following dates....

11th December - 10 AM- 12 PM

18th December - 10 AM- 12 PM duration 1 hour & 30 minutes.

How to book onto the Workshop?

Book your space by calling Stockport Age UK on 0161 480 1211



for anxiety and depression

Service provided by Pennine Care NHS Foundation Trust