



**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.

[www.thebiglifegroup.com/stockporttalkingtherapies](http://www.thebiglifegroup.com/stockporttalkingtherapies)



for anxiety and depression