



Online Stress Management Course – Starting 15th October for 5 Weeks

Online Managing Anxiety Course -Starting 21st January 2021 for 5 Weeks

Online Stress Management Course – Starting 25th February 2021 for 5 Weeks

(14 Places available on each course)

**The course is run in partnership with New Horizons Mental Health, Mental Health Matters
and Adult Learning Wales**

Each person will be given a log in for the moodle with Adult Learning Wales where you will find work sessions with links or power point for information regarding that session, you can then email your completed work to the Tutor who will give you feedback. Plus, there will be 1 vscene sessions for the group with the tutor, so you can discuss how the course is going and any queries you have.

To enrol on the course please send your name and email to:

tracy.thomas@newhorizons-mentalhealth.co.uk or telephone 01685 881113

New Horizons - Charity No: 1153115

Mental Health Matters Charity No: 1123842