



# ANXIETY SUPPORT GROUP

This group aims to support individuals with managing anxiety by providing a safe space

The group offers an opportunity to interact with others in a safe and supportive environment

Please come along and meet us!

CENTRAL SOUTHEND  
SESSIONS RUN FOR 60 TO 90 MINUTES

PLEASE CONTACT CRISTA POOLE  
0800 833 160

FOR MORE INFORMATION



**southessexhomes**

working smarter together