

Addlestone

Monday 2nd June –
Monday 21st July
1.30-3.30pm



Coping Skills

8-week course

- Aimed at individuals with mild to moderate difficulties managing emotions
- A structured group for individuals who wish to develop coping strategies to manage their mental health and wellbeing
- Members are invited to explore ways to cope through a mixture of group discussions and focused activities
- Members will decide what topics or themes are explored during the group (activities and exercises are not predetermined and will be tailored)



catalystsupport.org.uk/activity-timetable/



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SUPPORTING WELLNESS TOGETHER

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