

Emotion Gym

First Steps workshops for mental and emotional wellbeing

A relaxed and friendly talk on each topic, focusing on ways of maintaining and improving emotional well-being

	DAYTIME Mary Frances Trust 23 The Crescent LEATHERHEAD KT22 8DY	EVENING Beverly Hall 71 Haydon Place GUILDFORD GU1 4ND	DAYTIME Parkview Blackmore Crescent Sheerwater WOKING GU21 5NZ
Coping with frustration and anger	Thurs 16 April 2015 9.30 to 11.30am	Weds 10 June 2015 6.30 to 8.30pm	Mon 6 July 2015 9.30 to 11.30am
Stress at work and at home	Thurs 23 April 2015 9.30 to 11.30am	Weds 17 June 2015 6.30 to 8.30pm	Mon 13 July 2015 9.30 to 11.30am
Low mood	Thurs 30 April 2015 9.30 to 11.30am	Weds 24 June 2015 6.30 to 8.30pm	Mon 20 July 2015 9.30 to 11.30am
Anxiety	Thurs 7 May 2015 9.30 to 11.30am	Weds 1 July 2015 6.30 to 8.30pm	Mon 27 July 2015 9.30 to 11.30am
Self-esteem	Thurs 14 May 2015 9.30 to 11.30am	Weds 8 July 2015 6.30 to 8.30pm	Mon 3 August 2015 9.30 to 11.30am
Communication and assertiveness	Thurs 21 May 2015 9.30 to 11.30am	Weds 15 July 2015 6.30 to 8.30pm	Mon 10 August 2015 9.30 to 11.30am

No need to book or provide personal details JUST TURN UP!

If you require any additional assistance, or for directions, please contact us on:

0808 801 0325

www.firststeps-surrey.nhs.uk

Email: first.steps@nhs.net