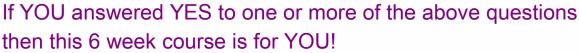
Positive New Steps

Free 6 week course for those aged 19+ who experience mild to moderate depression and/or anxiety. This course is part of Sunderland City Council's Live and Learn Community Mental Health Pilot.

Starting on 9th June from 10am until 12pm At Austin House, 22 Shakespeare St, Sunderland SR5 2JX

Do You...

- ...put Yourself down?
- ...see the negative in everything?
- ...struggle to believe in Yourself?
- ...always put others first?



Learn to...

- ...build Your confidence
- ...change the way You think
- ...believe in Yourself
- ...just say NO!

If you would like to attend this course, please contact Washington Mind 0191 417 8043 or email: info@washingtonmind.org.uk



Email: info@washingtonmind.org.uk Web: www.washingtonmind.org.uk







Seeing people - not problems ...

