

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?



If YOU answered YES to one or more of the above questions then this 6 week course is for YOU!

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

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Seeing people - not problems ...

