

A Stronger Me!

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 Wednesday 15th June 2016
from 10am until 12pm (This is a 6 week course)
at Pallion Action Group, 5, Eastmoor Road, Pallion,
Sunderland. SR4 6QW

Would you like to learn how to:

- Increase your self confidence?
- Communicate more assertively?
- Stand up for your individual rights?
- Speak up about how you feel and think?
- Ask for what you need?
- Say no when you want to?
- Think more positively and challenge self-criticism?
- Value yourself more?



Then come along to our friendly and relaxed course

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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Grasmere Terrace, Columbia,
Washington. NE38 7LP
Telephone: 0191 417 8043
Email: info@washingtonmind.org.uk
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Seeing people - not problems ...

