

# Struggling with **STRESS?**

**THINK** differently

**WORRY**

**ANXIETY**

**FEELING LOST**

## **THINK** differently **COPE** differently

Come along to this **FREE** five week course.  
The first session takes place on:

**Thursday, 14 September, 2017 at St John and  
St James Church and Community Centre,  
71 Bailey Drive, Bootle. Time: 2pm-4pm**



To book, please call:  0300 323 0181



LivingWellSefton



[www.livingwellsefton.org.uk](http://www.livingwellsefton.org.uk)



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A Partnership between:



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