

Let's Talk IAPT

IMPROVING ACCESS
TO PSYCHOLOGICAL
THERAPIES IN
ENFIELD



MENOPAUSE WORKSHOPS

MENOPAUSE & LOW MOOD

*Wednesday 24th November,
2021, 2-3:30pm (ONLINE)*

- Manage your low mood with practical techniques you can use every day

MENOPAUSE & ANXIETY

*Wednesday 1st December,
2021, 2-3:30pm (ONLINE)*

- Relaxation and wellbeing techniques to manage your anxiety

IS THIS WORKSHOP FOR ME?

- Are you familiar with any of these symptoms?
 - Join our free group workshops with a psychological wellbeing practitioner.
 - Available to all Enfield residents.
- To register please contact:
alison.gordon@ageukenfield.org.uk

