**COPING WITH STRESS**

Free 8 Week Course

 Available to anyone aged 16+ living in Crieff or the surrounding areas

Learning relaxation ecnques

Getting my point ![C:\Users\dkydd\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\G51XXJEL\stress[1].gif]()across

Dealing with panic attacks

Starts Friday 29/1/16

10.00 – 12.00

To book a place please contact

 Val, Anne or Donny

 The Wellbeing Support Team

Crieff Learning Centre

5 Lodge Street

PH7 4DW

01764 657860/1

or email VCannon@pkc.gov.uk

Information on stress

How to cope with stress and anxiety

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 **If you would be interested in future courses please let us know**