



LEICESTERSHIRE LIFE LINKS

MANAGING WORRY & ANXIETY DURING UNCERTAINTY

WORKSHOP

29.07.2021 • 2pm

Life Links are delivering an online workshop which focusses on understanding and managing worry, especially during times of uncertainty.

This interactive workshop will have various discussion points, along with interventions to use at home. Scan the QR code to book your place or call our freephone number below.

WWW.RFLIFELINKS.CO.UK

0800 0234 575

