



Understanding & Coping with Anxiety

Is your worrying out of control?

Do you need some help and understanding in coping with your anxiety?

This course will provide you with information, suggestions and tools to help you cope with your anxiety and panic attacks

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Wednesdays 10am – 12pm
Starting 20 November
4 weeks

**FREE and
available to
North Tyneside
Residents 18+yrs**

For more information or to enrol

Email: ali.donkin@voda.org.uk

Call: (0191) 643 2628

<https://voda.org.uk/north-tyneside-recovery-college/>