

Coping with the Christmas Holidays



Guidance on stress management and managing worries over the Christmas period

Opportunity to ask questions, gain information, advice, and guidance from The Bedfordshire Wellbeing Service

Bedfordshire Wellbeing Service

Making a positive difference through Talking Therapies

Thursday 2nd December 2021

4.30-5.30pm

Free to attend via Microsoft Teams

Register for your place via the Eventbrite link below

<https://www.eventbrite.co.uk/e/169601287015>

Resources will be sent out after each session

Organised by the CBC North Localities Early Help Teams:

For more information, please contact

North Early Help [-northeearlyhelp@centralbedfordshire.gov.uk](mailto:northeearlyhelp@centralbedfordshire.gov.uk)