

The PathwaySTILL



Community Interest Company

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COMMUNITY INTEREST COMPANY



Are you tired of anxiety holding you back from living your best life?

Our **FREE** six-week anxiety group workshop offers you the chance to break free from anxiety and embrace a brighter future. We will teach you practical tools and techniques, so you can take control of your anxiety instead of anxiety controlling you.

Our next **FREE** workshops start soon, spaces are limited so don't delay, book your place now! Please ensure you can attend all 6 dates, as each workshop is a continuation of the previous one.

The dates of the workshops are:

Sundays, 7th July - 11th August

Norton Methodist Community Centre,
North Ave, Letchworth, SG6 1DH

Children (10-15 years) 5.15 - 6.15pm

Adults (16+ years) 6.30 - 7.30pm



To secure your **FREE** place
please call 07497157531 or email:
info@thepathwaystillcic.co.uk