

Anxiety

F **R** **E** **E** **D** **O** **M**

ONLINE

A one-part online course providing:

Understanding – Learn what anxiety is, the causes, and the effects on the body and mind.

Recognition – Identify physical and emotional signs of anxiety.

Reduction Techniques – Discover and practice strategies to reduce anxiety in daily life.



How to Join

To book a place on either programme visit www.centrepiece.org.uk or call 01909 471919 for more information.

Anger

F **R** **E** **E** **D** **O** **M**

ONLINE

A one-part online course providing:

Understanding – Learn what anger is, the causes, and the effects on the body and mind.

Recognition – Identify physical and emotional signs of anger.

Reduction Techniques – Discover and practice strategies to manage anger effectively.



How to Join

To book a place on either programme visit www.centrepiece.org.uk or call 01909 471919 for more information.