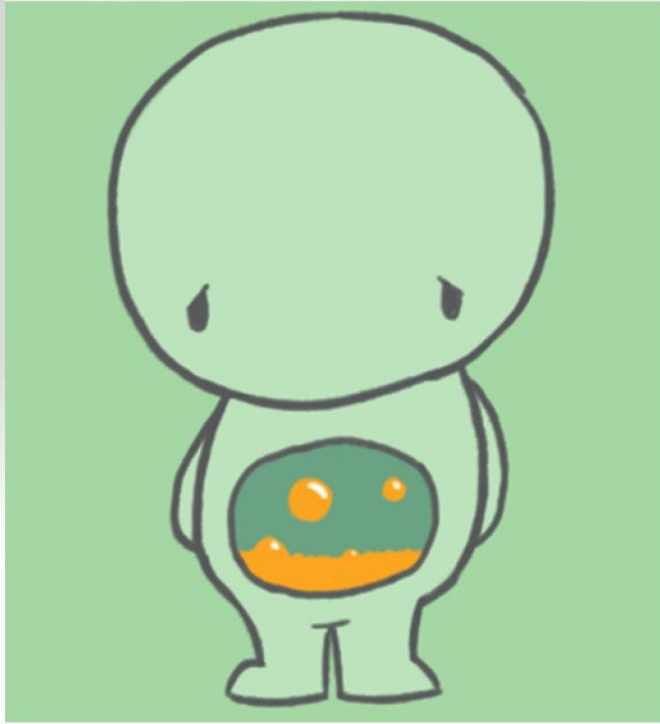


# Anxiety & Depression

## Free 4 week course



**This course explores anxiety and depression to support small manageable steps towards change.**

For more information or to book a place contact:

[sarahlowe@dfmh.co.uk](mailto:sarahlowe@dfmh.co.uk)

Phone: 01629 733915

**Wednesdays**  
**November**  
**13th, 20th, 27th &**  
**4th December**

**1-3pm**

**Greenaway**  
**Wellbeing Hub,**  
**Old School Close,**  
**Matlock, DE4 2PT**



Company No 5758432  
Charity No 1117141  
Derbyshire County Council  
Public Health Funding



Derbyshire Federation for Mental Health will be running a **Free 4 week Anxiety & Depression Course** at the Greenaway Wellbeing Hub in Matlock.

**Dates are Wednesdays November 13th, 20th, 27th & the 4th December 1-3pm.**

The course is designed for those with mild to moderate ill mental health and /or anyone looking to deepen their self-awareness and emotional literacy.

For more information and to book a place contact [sarahlowe@dfmh.co.uk](mailto:sarahlowe@dfmh.co.uk)

The Mindful Monthly Wellbeing drop in Sessions continue:

[Greenaway Wellbeing Hub](#): 3rd Tuesday of the month, 1.30pm-3pm

[Buxton Wellbeing Hub](#): 1st Tuesday of the month, 1.30-3pm