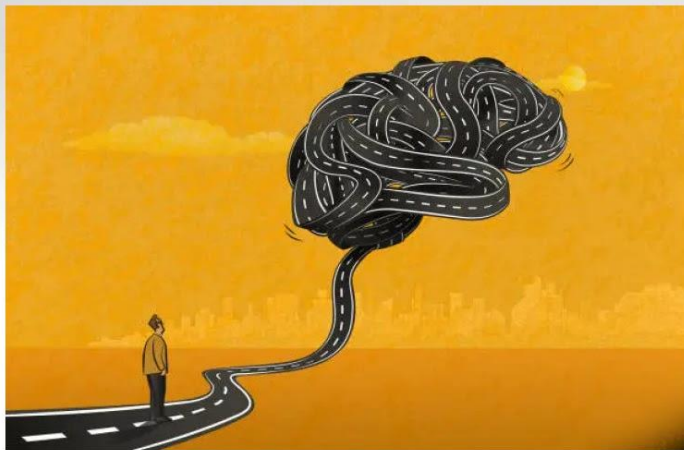


**Derbyshire Federation
for Mental Health**



Living with Anxiety Free Workshop



**Tuesday 28th
January**

1-3pm

**This workshop explores
anxiety and offers tools to
support maintaining
wellbeing.**

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

For more information or to book a place contact:

sarahlowe@dfmh.co.uk

Phone: 01629 733915

Company No 5758432
Charity No 1117141



Derbyshire County Council
Public Health Funding

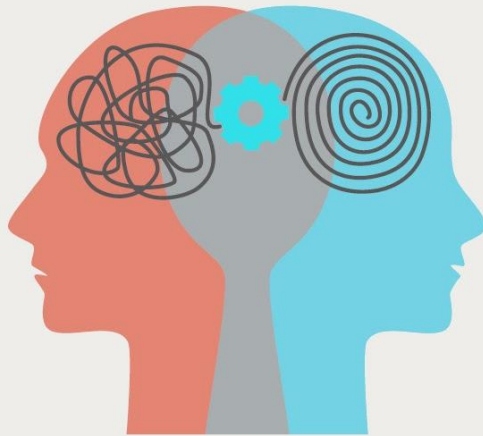


**Derbyshire Federation
for Mental Health**



Managing Mental Health

Free 4 Week Course



Tuesdays
4th, 11th, 18th,
25th February
10am-12pm

Exploring ways in which we can maintain our mental health. This course focuses upon self awareness, connection, insight and purpose.

For more information or to book a place contact:

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