



Join us for this **free** session!

# Managing Anxiety

**Monday 8<sup>th</sup> December**

10.30am – 1pm

**4Winds, 65 Clare Road,  
Grangetown, CF11 6QP**



We all deal with stress and anxiety in our everyday lives. If you are experiencing stress / anxiety, this workshop aims to help you learn techniques to help you manage this.

**Contact 4Winds to register:**



02920388144



[contact@4winds.org.uk](mailto:contact@4winds.org.uk)



[www.4winds.org.uk](http://www.4winds.org.uk)

Charity Number: 1071770

**Free!**