

## Centre for Psychology



## LEARN COGNITIVE-BEHAVIOURAL TECHNIQUES THROUGH OUR ONLINE GROUPS, FUNDED BY THE NHS

@ groups@centreforpsychology.co.uk

**\** 01306775001

www.centreforpsychology.co.uk

## JANUARY- FEBRUARY 2023



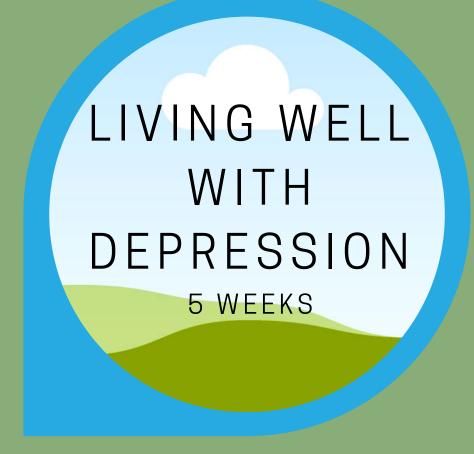
Starts Monday 9th January 4-6pm

IMPROVING SELF-ESTEEM 8 WEEKS

Starts Thursday 12th January 9:30-11:30am

COPING WITH WORRY & LOW MOOD 6 WEEKS

Starts Thursday 19th January 2:15-4:15pm

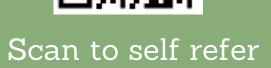


Starts Friday 10th February 2:15-4:15pm



Starts Monday 20th February 9:30-11:30am







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