



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

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MARCH 2023

DIABETES
6 WEEKS

Starting Thursday 2nd March, 2:15-4:15pm

In this group, learn Cognitive Behavioural Therapy tools and techniques to help you to understand and manage diabetes in order to improve and maintain a better quality of life.

STRESS
MANAGEMENT
4 WEEKS

Starting Tuesday 7th March, 2:15-4:15pm

In this group, learn Cognitive Behavioural Therapy strategies and techniques to encourage a healthy mindset about stress and to manage your stress level in order to improve your well-being.

PAIN
MANAGEMENT
6 WEEKS

Starting Monday 13th March, 2:15-4:15pm

In this group, learn different Cognitive Behavioural Therapy strategies and techniques to help you to understand and manage chronic pain in order to improve and maintain a better quality of life.



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