

Coping With Life Courses



Coping with Life courses help people to learn and develop coping strategies (for Dartford, Gravesham and Swanley clients) using cognitive behavioural techniques and other methods. Courses lasts between 5-7 weeks and cover managing techniques for Anxiety, Stress, Depression and helping to improve Self-Esteem, Confidence & Assertiveness.

**COURSES ARE RUN ON VARIOUS DATES
PLEASE CONTACT US FOR FURTHER INFORMATION
*PRIOR REGISTRATION IS REQUIRED***



For further information, please contact:

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