

# Medway Coping With Life Courses



Coping with Life courses help people to learn and develop coping strategies using cognitive behavioural techniques and other methods. Courses last 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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 **mind North Kent**

**Live well**  
Kent and Medway