

Anxiety support groups

Description

Anxiety UK

Anxiety support groups

- Facilitated by Anxiety UK staff with lived experience of anxiety
- One hour each month
- Themed
- Confidential space
- Free of charge to Anxiety UK members
- 15 spaces per group



**FACILITATED VIA
ZOOM**



Find out more

www.anxietyuk.org.uk/supportgroups



- Free, and exclusive to Anxiety UK members

- Themed, monthly groups
- 1-hour duration
- Facilitated by Anxiety UK staff with lived experience of anxiety
- **July group: Tuesday 29th July 2025 @ 4-5pm**
- **August group: 28th August 2025 @ 1-2pm (Available to book from 5th August)**

NB:

1. The person registering for the group must have an active membership in their name otherwise the booking will not be processed.
2. Due to high demand, to ensure as many Anxiety UK members as possible can benefit, we reserve the right to limit the number of sessions members may attend.
3. Places limited; first come, first served.

**To sign up for this exclusive
Anxiety UK member only benefit and more**

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