

Anxiety support groups

Description

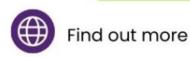
ONLINE



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



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

Click Here