

Anxiety Webinars

Description

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Anxiety webinars

Here you can find the programme of monthly webinars utilising our pool of clinical advisors and wider professional contacts in the relevant fields to deliver a series of webinars on helpful anxiety related topics. The suggested donation for this event is £5 but we recognise in these difficult times not everyone can afford to pay the same as incomes and circumstances vary greatly.

Please feel free to give an amount other than the suggested £5 but please [make a donation](#) that you feel you can afford that meets your needs and circumstances while allows us to provide these sessions at an affordable and inclusive rate for everyone.

Thursday 15th April at 6pm nutrition and anxiety – eating well to manage your mental well-being – book here <http://bit.ly/2MIOKjR>

Tuesday May 11th at 6pm dealing with life's ups and downs – book here <https://bit.ly/2Pi6TjO>

Help others by providing advice and support to those in need.

[Get help](#)