



# Free Wellbeing Courses 2019

## South Monmouthshire (Chepstow / Caldicot)

Course	*Week Beginning Start Date	Length
Confidence Building	14th January	8 weeks
Depression Management	14th January	8 weeks
Anxiety Management	25th March	8 weeks
Understanding Anger	25th March	6 weeks
Confidence Building	3rd June	8 weeks
Depression Management	3rd June	8 weeks
Anxiety Management	12th August	8 weeks
Understanding Anger	12th August	6 weeks
Depression Management	21st October	8 weeks
Anxiety Management	21st October	8 weeks

\*Training Course/ Dates may be subject to change

Courses are weekly for approx. 2 hrs and some evening courses may be available

To register your interest for our courses, call 01633 810718, 01873 858275 or 07572 590436 or email [info@mindmonmouthshire.org.uk](mailto:info@mindmonmouthshire.org.uk).

We are on Facebook 

Once you have booked a place we will confirm exact dates & venue.