

IAPT Improving Wellbeing Sessions 2016**Overcoming Anxiety and Worry**

Date	Time	Venue
Friday 6 th May	10am – 12pm	Concord Move More Centre, Shiregreen Lane, S5 6AE
Friday 6 th May	9.30am-11.30am	Bannercross Methodist Church, 12 Ecclesall Road, S11 9PE
Wednesday 11 th May	2pm-4pm	East Bank Medical Centre, 555 East Bank Road, S2 2AG
Tuesday 17 th May	9.30am-11.30am	Sloans Medical Centre, 2 Little London Road, S8 0YH
Friday 20 th May	1.15pm-3.15pm	St Timothy's Church, 152 Slinn Street, S10 1NZ
Monday 6 th June	9.30am-11.30am	Grenoside Grange West Wing, Salt Box Lane, S35 8QS
Monday 6 th June	10am – 12pm	Dovercourt Surgery, 3 Sky Edge Avenue, S2 5FX
Monday 6 th June	9.30am-11.30am	Zest Community Centre, 54-56 Uppertorpe Road, S6 3EB
Tuesday 14 th June	10am – 12pm	Fairlawn's Medical Centre, Middlewood Road, S6 1TT
Friday 17 th June	1pm – 3pm	Jordanthorpe Health Centre, 1 Dyche Close, S8 8DJ

Overcoming Low Mood

Date	Time	Venue
Friday 13 th May	2pm-4pm	Jordanthorpe Health Centre, 1 Dyche Close, S8 8DJ
Tuesday 24 th May	2pm-4pm	The Learning Zone, 320 Wordsworth Avenue, S5 8NL
Tuesday 24 th May	10.30am-12.30pm	Manor Library, Ridgeway Road, S12 2SS
Wednesday 1 st June	2pm-4pm	Fairlawn's Medical Centre, Middlewood Road, S6 1TT
Monday 6 th June	2pm-4pm	Crystal Peaks Library, 1-3 Peak Square, S20 7PH
Monday 6 th June	2pm-4pm	Ranmoor Parish Centre, Ranmoor Park Road, S10 3GX
Friday 10 th June	10am-12pm	Concord Move More Centre, Shiregreen Lane, S5 6AE
Friday 10 th June	9.30am-11.30am	Bannercross Methodist Church, 12 Ecclesall Road, S11 9PE

To attend a course please call us on 0114 226 4380 to book your free place