

Linking mind and body...

Talking
Therapies

Talking
Health

NHS

Berkshire Healthcare
NHS Foundation Trust

Stress LESS

Free NHS workshop
to help you manage
your **stress**

Learn techniques
to manage your
stress effectively

Four
weekly session
workshops



Venues spread across
Berkshire

Adults of all
ages welcome – feel
free to bring a **family**
member or
friend

To find out more and to book a place:

Visit: www.talkingtherapies.berkshire.nhs.uk

Or phone **0300 365 2000** and quote '**Stress Less**'

Support
Compassion
Hope

iapt

Improving Access to Psychological Therapies

NHS

Four weekly session workshops

6.30pm to 8pm

Autumn and Winter 2017 start dates and venues

Bracknell

Tuesday 5 September

Bracknell Open Learning Centre,
Rectory Lane, Bracknell, RG12 7GR

Tuesday 3 October

Bracknell Open Learning Centre,
Rectory Lane, Bracknell, RG12 7GR

Tuesday 7 November

Bracknell Open Learning Centre,
Rectory Lane, Bracknell, RG12 7GR

Newbury

Wednesday 6 September

Newbury Royal British Legion Club, Haig House,
Pelican Lane, Newbury, RG14 1NP

Wednesday 1 November

Newbury Royal British Legion Club, Haig House,
Pelican Lane, Newbury, RG14 1NP

Reading

Monday 4 September

Reading College, King's Road, Reading, RG1 4HJ

Monday 2 October

Reading College, King's Road, Reading, RG1 4HJ

Monday 6 November

Reading College, King's Road, Reading, RG1 4HJ

Slough

Wednesday 6 September

Slough Aspire, 350 Edinburgh Avenue,
Slough SL1 4TU

Wednesday 1 November

Slough Aspire, 350 Edinburgh Avenue,
Slough SL1 4TU

Windsor and Maidenhead

Thursday 7 September

Highfield Preparatory School, 2 West Road,
Maidenhead, SL6 1PD

Wednesday 1 November

Windsor Boys School, 1 Maidenhead Road,
Windsor, SL4 5EH

Wokingham

Wednesday 6 September

All Saints Primary School, Norreys Avenue,
Wokingham, RG40 1UX

Wednesday 8 November

All Saints Primary School, Norreys Avenue,
Wokingham, RG40 1UX

Please visit www.talkingtherapies.berkshire.nhs.uk for more information including maps of venues and car parking availability

