

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](http://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](http://www.talkingtherapies.berkshire.nhs.uk) for more information including maps of venues and car parking availability

