

**FREE**



# **HOPE Programme Anxiety and Depression in Sidmouth**



**Are you living with anxiety and depression? You're not alone - & there is hope!**

Join our supportive, empowering course designed to help you better manage your symptoms, reclaim your energy and reconnect with your life.

## **What you'll gain:**

- Practical tools to cope with anxiety and depression
- Gentle strategies for pacing and self-care
- Emotional support and connection with others
- Renewed confidence and a sense of hope

## **Who is it for?**

Anyone who is experiencing anxiety and depression, or similar mental health struggles.

The course will run on Wednesday at Sidmouth Guide HQ, Sidmouth EX10 9BB, for two and half hours (10am-12:30pm) on the following 6 dates:

**28th January  
4<sup>th</sup> February  
11<sup>th</sup> February  
25th February  
4<sup>th</sup> March  
11th March**



**Book here:**



**Or call: 01803 320696**

