

Emotional Resilience Courses

24th Apr - Building Confidence & Self-Esteem

8th May - Managing Anxiety

22nd May - Building Emotional Resilience

12th June - Managing Depression

9:30-12:15 (incl. a 15 minute break)

£5 per session

St Hilda's House, Darlington. DL1 1SQ



Contact us to apply or for more information:

contactus@darlingtonmind.com or 01325 283169 / 07572 888084