



# Feeling stressed out?

Everyone's minds and bodies react differently to stress but there are always things you can try to keep calm. This FREE NHS workshop helps you to understand why you feel the way you do and what you can do about it.

**Dalston Library, Dalston Square, London E8 3BQ**

Tuesday	4 June	12.30 - 2pm
Wednesday	12 June	6 - 7.30pm
Thursday	20 June	6 - 7.30pm

**Booking a place is essential**

**email [huh-tr.talkingtherapy@nhs.net](mailto:huh-tr.talkingtherapy@nhs.net)**

with your name and which workshop you would like to attend

(by emailing us you are giving consent for us to respond to you via email)

Workshops are available to anyone over 18 who is registered with a City and Hackney GP

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# No more counting sheep

Do you have problems with insomnia, thoughts racing or frequent waking throughout the night? If you have trouble sleeping, this free NHS workshop helps you master techniques that can help break poor sleep patterns.

**Dalston Library, Dalston Square, London E8 3BQ**

Tuesday	2 July	12.30 - 2pm
Wednesday	10 July	6 - 7.30pm
Thursday	18 July	6 - 7.30pm

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