

Shropshire Psychological Therapies

Stress Management & Coping Techniques

FLASH clinics

Monday 25th November

9:30-11am at The Zone, Market Drayton TF9 1QT

Wednesday 27th November

1-2:30pm at Qube, Oswestry SY11 1RB

Thursday 5th December

1:30-3pm at University Centre, Shrewsbury SY3 8HQ

FLASH Clinics are interactive community workshops designed to provide helpful techniques to improve emotional health and wellbeing. This session covers:

- What stress is and common sources
- Understanding the link between our thoughts, behaviour and emotions
- Identifying unhelpful patterns of thinking
- Coping techniques which help to reduce stress

Booking information:

FLASH clinics are open to those aged 16+ registered with a Shropshire GP. Call 07968504018 to book your place, please leave a voicemail if no answer. Your call will be returned with a confirmation of your place. Bookings and any cancellations must be received at least 2 working days before the FLASH clinic date.

Please note: all participants are required to complete a registration form and wellbeing questionnaire on the day of attendance.



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