

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

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

April – June 2020 start dates and venues

Slough

Wednesday 22nd April

Slough aspire CIC, Aspire Centre
350 Edinburgh Avenue, Slough
Trading Estate, SL1 4TU

Wednesday 17th June

Slough Aspire CIC, Aspire Centre
350 Edinburgh Avenue,
Slough Trading Estate SL1 4TU

Bracknell

Thursday 23rd April

Bracknell Open Learning Centre, Rectory Lane,
Bracknell, RG12 7GR

Thursday 18th June

Bracknell Open Learning Centre, Rectory Lane,
Bracknell, RG12 7GR

Windsor and Maidenhead

Thursday 23rd April

The Windsor Boys School,
1 Maidenhead Road, Windsor, SL4 5EH

Thursday 4th June

Highfield Preparatory School,
2 West Road,
Maidenhead, SL6 1PD

Newbury

Wednesday 15th April

Newbury Town Hall, Market Place,
Newbury, RG14 5AA

Wednesday 17th June

Newbury Town Hall, Market Place,
Newbury, RG14 5AA

Reading

Monday 20th April

Reading College, King's Road
Reading, RG1 4HJ

Monday 15th June

Reading College, King's Road
Reading, RG1 4HJ

Wokingham

Monday 20th April

Walter Infant School, Murray Road
Wokingham, RG41 2TA

Monday 15th June

Walter Infant School, Murray Road
Wokingham, RG41 2TA

Please visit www.talkingtherapies.berkshire.nhs.uk for more information including maps of venues and car parking availability

