

THE WELLBEING SERVICE

will be running a new course at Bristol Drugs Project starting Monday 16th August

Stress, Anxiety & Low Mood course

Starting Monday 16th August 2.30-4pm
Arrive by 2.15pm at BDP

- Six week course, each session lasting 1½ hours, with a break in the middle.
- Places for up to 15 people – **places must be booked via Engagement Workers, Matt & Gordon**

The course will cover the following areas:

- Understanding the symptoms and physical effects of Stress, Anxiety and Low Mood
- The relationship between thoughts, feelings and behaviours
- Identifying and addressing unhelpful thought processes
- Specific skills such as relaxation, breathing and distraction
- Problem solving and coping techniques

This course is suitable for current users of drugs and/or alcohol, who are experiencing stress, anxiety or low mood on a regular basis. Individuals must be homeless, living in hostel accommodation, or vulnerably housed/at risk of homelessness.

You can access the course in the following ways:

1. See Engagement Workers, Matt or Gordon, at the Bristol Drugs Project drop-in on Fridays 2-4pm
 2. Call in to the Wellbeing Service drop-in on weekday mornings between 9.30-12.30 at 1 New Street, St Judes. (where the old NOVAS Day Centre used to be)
 3. Contact the Wellbeing Service on (0117) 909 6315
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