

Manna House
Counselling Service



Serving the Community



MENTAL HEALTH
NORTHANTS
COLLABORATION

2025

Anxiety

A series of 4 Free Workshops

29/09/2025 to 20/10/2025

10.00 to 12.30
Innovation Centre



Wellbeing
Education
Network
autonomy recovery inclusive positive future peer support develop resilience
confidence progress learn hope

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