Manna House
Counselling Service

Serving the Community

MENTAL HEALTH
NORTHANTS
COLLABORATION

2026

Understanding Anxiety

A series of 4 Free Workshops

THURSDAYS

05/11//2026 to 26/11/2026

10.00 - 12.30

Innovation Centre
Green Street
Northampton
NN1 1SY



Materials & Refreshments Provided



Email: mhcs@mannahouse.org.uk
Phone: 01604 633304

Manna House

Counselling Service

Serving the Community

Improving Mental Health

The Manna House Counselling Service has been providing wellbeing courses and workshops across Northamptonshire in partnership with the Mental Health Northants Collaboration for a number of years through the Wellbeing Education Network (WEN).
With the support of Primary Care Intervention Funding we are now able to offer a series of free workshops in
Northampton, Daventry and Wellingborough.

We are delighted to be able to offer this free Understanding Anxiety Course at the University of Northampton, Innovation Centre, Green Street (opposite the town Train Station) led by one of our counsellors Michael Hulmes.

acc professional standards authority accredited register
Registered Counsellor: R01918
RENEWAL DATE: 02/04/2027

Designed to empower you to navigate life's challenges with confidence and grace, each training opportunity focuses on a specific aspect of wellbeing, equipping you with practical tools and strategies that will enable you to cope with an everchanging world.

- Understand how to adapt and grow in the face of adversity and boost protective factors
- Enhance self-awareness and develop skills for self-management
- Connect with others who share similar experiences
- Discover coping mechanisms, communication skills and emotional regulation techniques.

Request an Application Form today and invest in your mental health journey!

For further details contact
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University of Northampton Innovation Centre
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