

Manna House
Counselling Service



Serving the Community



MENTAL HEALTH
NORTHANTS
COLLABORATION

2027

Understanding Anxiety

A series of 4 Free Workshops

20/01/2027 to 10/02/2027

18.00-20.30

On Line Every Wednesday Evening
Via ZOOM

All Materials Provided

Wellbeing
Education
Network

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

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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 Anxiety Course at the University of Northampton Innovation Centre, opposite the main Northampton Train Station, led by one of our counsellors Jacob Spolton.

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!

Parking is available at the Train Station NN1 1SP or Sol Central Car Park NN1 2RL or Gregory Street (Marefair) Car Park NN1 1TA. Please check prices as these change regularly.

For further details contact
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