

Why Worry?

If you're aged 65+ and would like to worry less, our new group could be for you

We're launching a brand new group aimed at people aged 65+ and over. The group will look at how worrying works, what happens when it gets out of hand and – importantly – how we can worry less and feel better.

The group will run for 8 weeks and will be full of practical, relevant info and to reduce worry and improve mood.

The group will run from 20 March from 1:30pm – 3pm in St Neots. Places are limited so booking is essential.

If you'd like to know more or to book your place in the group, please contact the Changing Lives team on 01480 470480 or changinglives@cpslmind.org.uk

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