

“A Practical and Helpful Way to Tackle Your Problems”

*‘A life-changing experience.
Thank you to Mind
and the group workers.’*

Cognitive Behavioural Therapy (CBT) Groups New Programme For Jan - Feb 2010

What?	Where?	Time?	Start Date?
Anxiety	Oxfordshire Mind, 2 Kings Meadow, Osney Mead, Oxford. OX2 0DP	10.30am - 1pm	Wednesday 10th February
Anxiety	Mind in Witney, Witney Resource Centre, Moorland Rd, Witney. OX28 6LF	6.30pm - 9pm	Wednesday 17th February
Depression	Mind in Abingdon, The Charter Complex, Broad St, Abingdon. OX14 3LZ	10.30am - 1pm	Monday 8th February
Skills For Life	Bicester (Location TBC)	2pm - 4.30pm	Tuesday 9th February
Skills For Life	Didcot Health Centre, OX11 7JH	9.30am - 12noon	Wednesday 27th January



For better
mental health

Charity No. 261476

**To book your individual assessment contact
Holly Weston on 01865 263734 or 01865 263730
email: holly.weston@oxfordshire-mind.org.uk**

**TALKING
SPACE**

Improving Access to Psychological
Therapies in Oxfordshire

Oxfordshire and Buckinghamshire Mental Health

NHS Foundation Trust