



Coping with Anxiety



**A 10 week Cognitive Behavioural Therapy Course
Starting on Wednesday 8th October 2008
from 10.00am - 12.00 noon**

Venue: Segsbury Suite, Wantage Civic Hall, Portway, Wantage, Oxon, OX12 9BX

Assessments to be held on: Wednesday 3rd, 17th and 24th September in the Waylands Room, Wantage Civic Hall



For better
mental health

Charity No. 261476

Oxfordshire 
Primary Care Trust

To book your individual assessment contact:

- Tel: 01865 310830 or 01865 511702
- Email: groups@oxfordshire-mind.org.uk

Open to all those registered at Vale Consortium Surgeries

Funded by The Vale Practice Based Commissioning Consortium

Vale Consortium Surgeries include:

Didcot Health Centre, Britwell Road, Didcot, OX11 7JH

Oak Tree Health Centre, Tyne Avenue, Didcot, OX11 7GD

Woodlands Medical Centre, Woodlands Road, Didcot, OX11 0BB

Long Furlong Medical Centre, 45 Loyd Close, Abingdon, OX14 1XL

Marcham Road Family Health Centre, Marcham Road, Abingdon, OX14 1BT

Grove Medical Centre, Vale Avenue, Grove, Wantage, OX12 7LU

Church Street Practice, Mably Way, Wantage, OX12 9BN

Newbury Street Practice, Mably Way, Wantage, OX12 9BN

Fern Hill Practice, Faringdon, M.C. Volunteer Way, Faringdon, SN7 7YU

White Horse Medical Practice, Faringdon M.C., Volunteer Way, Faringdon, SN7 7YU