Challenging Depression

A 10 week Cognitive Behavioural Therapy Course
Starting on Friday 3rd October 2008
from 10.00am - 12.30pm

Venue: The Long Room, The Mill Arts Centre, Spiceball Park, Banbury, OX16 5QE

Assessments to be held on: Fri 12th, Tues 16th & Fri 26th September in The Long Room, The Mill Arts Centre

To book your individual assessment contact:

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

Fees are negotiable depending on income

mind

For better mental health

Charity No. 261476

Oxfordshire NHS
Primary Care Trust

Oxfordshire and Buckinghamshire Mental Health NHS
NHS Foundation Trust

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