



CBT Skills for Life



**An 8 week Cognitive Behavioural Therapy Course
Starting on Tuesday 2nd September 2008
from 2.00pm - 4.00pm**

Venue: Mind in Abingdon, The Charter Complex, Broad St, Abingdon OX14 3LZ

Assessments to be held on: Tues 12th and 19th August & Fri 15th & 22nd August
at Mind in Abingdon, The Charter Complex



For better
mental health
Charity No. 261476

To book your individual assessment contact:

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

Fee negotiable depending on income

Oxfordshire 
Primary Care Trust

Oxfordshire and Buckinghamshire Mental Health 
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