



## LEARN COGNITIVE-BEHAVIOURAL TECHNIQUES THROUGH OUR ONLINE GROUPS, FUNDED BY THE NHS

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### JANUARY- FEBRUARY 2023



Starts Monday 9th January  
4-6pm



Starts Thursday 12th January  
9:30-11:30am



Starts Thursday 19th January  
2:15-4:15pm



Starts Friday 10th February  
2:15-4:15pm



Starts Monday 20th February  
9:30-11:30am



Scan to self refer



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