

WHY DOES EVERYTHING ALWAYS GO WRONG?

Ever felt overwhelmed by things? Do you have difficulty coping?

Most of the time we feel upset because of things building up within us. But there are tools that can help us cope.

Come along to our workshop and find out how it can help you!

This is a **FREE** workshop for all Mental Health service users in Newham

Details are:

13th December 2011

2.00pm – 4.30pm at Stratford Advice Arcade (107-109 The Grove, Stratford E15 1HP)

(Nearest station: Stratford)

To reserve a place please call 0208 221 2090 or email us at

ask-newham@hestia.org

www.ask-newham.org

