

Are you aged 65 or over and want to increase your wellbeing by learning skills to manage low mood, anxiety or stress? Then join our group...

Living Positively in Later Life

Location: A venue in the St Pancras area (TBC)

Dates: Every Tuesday for 6 weeks, beginning on Tuesday 17th July

Time: 14:00—16:00

This group will aim to teach you practical and helpful ways to cope and live life more positively. It will be based on Cognitive Behavioural Therapy principles providing you with tools and techniques to help you feel better. The 6 week programme will cover:

Session	Topic
Week 1	Understanding Our Feelings
Week 2	Changing Unhelpful Behaviours
Week 3	Changing Unhelpful Thinking
Week 4	Practical Problem-Solving
Week 5	Physical Health
Week 6	Staying Well in Later Life

Contact iCope to find out more information discuss booking your place:

Telephone: 0203 317 7600 (for Camden residents) or 0203 317 7252 (for Islington residents)

Email: cpts@candi.nhs.uk

iCope website: www.icope.nhs.uk