

SUPPORT

recovery group

Is this you?

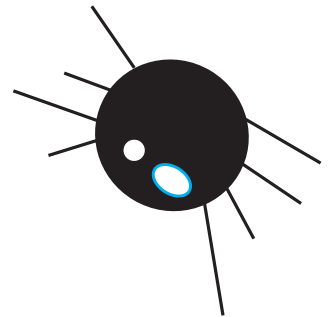
I am aged 16 – 18

I worry excessively

I wish I could be more confident

I get feelings of panic in my daily life

**If you can relate to any of the above,
our group could be what you're looking for!**



Every Wednesday

4 - 6 pm

Cardinal Heenan Centre, 326 High Rd, Ilford, IG1 1QP

FREE

For more information and to book a place, contact us on:
020 8262 8891 office.co-ordinator@anxietycare.org.uk

Anxiety Care

"Helping People To Help Themselves"

Registered Charity No. 1058267

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connexions

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