

HILLINGDON TALKING THERAPIES WEBINAR SERIES

Free to register via our website | 1hr sessions via Zoom
www.talkingtherapies.cnwl.nhs.uk/hillingdon

Managing stress during the cost of living crisis online workshop

Wednesday 16th November 2022 at 12pm

Men's Mental Health Webinar

Monday 21st November 2022 at 6pm



Managing Exam Stress - for Students' - Online workshop

Wednesday 23rd November 2022 at 1pm

Mindful Walking Group in Uxbridge

Friday 25th November 2022 at 11am

Mindfulness Online Workshop

Tuesday 29th November 2022 at 11am



**Registration opens 2 weeks
prior to the sessions**



01895 206800

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