



Talking Therapies



HILLINGDON  
LONDON



Central and  
North West London  
NHS Foundation Trust

# Hillingdon Talking Therapies Workshops

In association with Heart Month

## Managing Worries and Anxiety

**Location:** Charville Library  
**Date:** 7th February 2023  
**Time:** 11am-12pm

## Moodboost CBT Toolbox

**Location:** Botwell Green  
Library  
**Date:** 21st Feb 2023  
**Time:** 11am-12pm

## Connecting with Others

**Location:** Botwell Green  
Library  
**Date:** 22nd Feb 2023  
**Time:** 11am-12pm

## Managing Worries and Anxiety

**Location:** Oakfarm Library  
**Date:** 27th Feb 2023  
**Time:** 5:30 - 6:30pm

Heart month is not just about looking after ourselves physically but looking after ourselves emotionally too. Sign up to our workshops now:



01895 206800  
[www.talkingtherapies.cnwl.nhs.uk/hillingdon](http://www.talkingtherapies.cnwl.nhs.uk/hillingdon)