



PACT Social Group



*Raising awareness
fighting depression*

Managing Anxiety and Depression - JENNY LANGLEY

Jenny Langley a trainer from the Waller Trainer Schools and Young People (Charlie Waller Memorial Trust) will be joining us to talk about Anxiety and Depression in children and giving practical strategies to manage and help.

www.cwmt.org.uk

PACT talks are free, however, PLEASE BOOK TO CONFIRM AS SPACES ARE LIMITED.

When: Wednesday 17th May @ 10.00 a.m. for 10.15 a.m. start to 11.30 a.m.
Refreshments available from 10.00 a.m. in the coffee lounge.

Where: Upper Lounge, St Peter and Paul's Tonbridge Parish Church, Church Lane, TN9 1HD, (Please do not use the Parish Car Park) Parking available in Castle Street car park

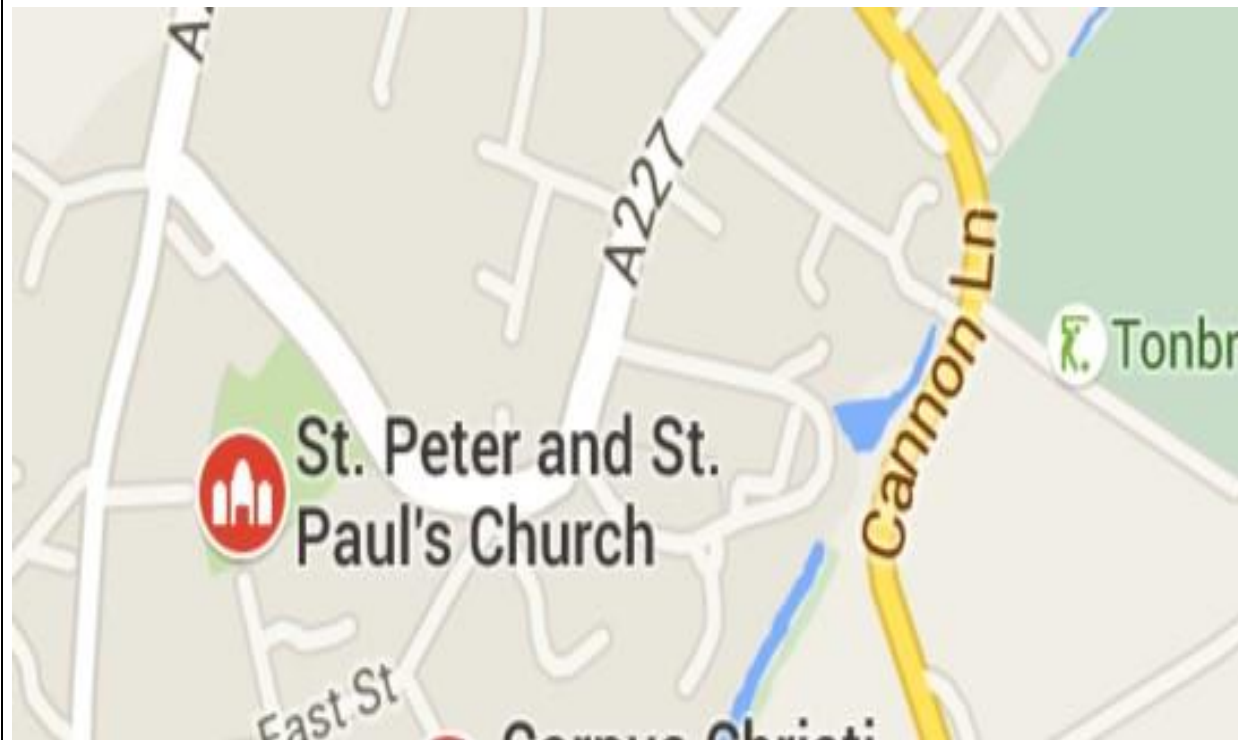
RSVP: With the reply slip below to: - Helen.mestre@btinternet.com (Events Organizer PACT), secretary@pact-cagegreen.co.uk To Confirm Your place


ANXIETY TALK REPLY SLIP

NAME:

CONTACT NUMBER/EMAIL:

**I WOULD LIKE A PLACE ON THE ANXIETY GUEST TALK ON WEDNESDAY 17th MAY
10.15A.M to 11.30A.M.**



 find us on Facebook