

Do you sometimes feel . . .

Can't concentrate?

Irritable?

Worried about the future?

Can't be bothered?

Tired?

Anxious?

Worried about your health?

Low?

Stressed!

Keep putting things off?



Then why not come along to one of the

What makes you tick?

Stress Management Workshops

Funded by Glasgow City Council the workshops are free, just come along and bring a friend.

There are four workshops which last for two hours each, you can come to as many as suit you.



Yoker Resource Centre

10 Kelso Place
Glasgow
G14 0LL
Tel No: 0141 952 6485

EVENINGS – 7-9pm

Tuesday 17th August
Tuesday 24th August
Tuesday 31st August
Tuesday 7th September

Stonedyme Neighbourhood Centre

9-11 Belsyde Avenue
Glasgow G15 6AW
Tel No: 0141 944 1238

DAYTIME – 1-3pm

Thursday 19th August
Thursday 26th August
Thursday 2nd September
Thursday 9th September

Peterson Park

30 Yokermill Road
Glasgow
G13 4PF
Tel No: 0141 952 0229

SATURDAYS – 10.30am-12.30pm

Sat 21st August
Sat 28th August
Sat 4th September
Sat 11th September

Netherton Community Education Centre

358 Netherton Road
Glasgow G13 1AX
Tel No: 0141 954 4250

DAYTIME – 1-3pm

Thursday 23rd September
Thursday 30th September
Thursday 7th October
Thursday 14th October

