



A Mental Health Resource Service for Cardiff and The Vale

Women Only Managing

Anxiety workshop

Delivered by 4Winds on Tues 20th June 11am to 1pm at Safer Wales, 1st Floor, Castle House, Castle St, CF10 1BS (opposite Cardiff Castle; the entrance is between Café Nata and the Welsh Gift shop. Please take the lift or spiral staircase to the first floor to Safer Wales reception)

We all deal with stress and anxiety in our everyday lives. If you are experiencing stress/anxiety, this workshop aims to help you learn techniques to help you manage this.





If you are interested, you will need to register. Please contact us on Tel: 02920388144 or Email: contact@4winds.org.uk