

Stress Awareness - Crosby Community Hub - Tuesday Morning

Course Name	Start Date	End Date	Site	Total Fees
Stress Awareness - Crosby Community Hub - Tuesday Morning	14/01/2025	28/01/2025	Crosby Community Hub	0.00

Course Description

Stress Awareness

Content and Overview

This course aims to develop your understanding and awareness of stress. You will look at the causes of stress and the effects this can have on your health and wellbeing. You will also learn to identify the signs and symptoms of stress and how to prevent or reduce stress.

Suitable for

Residents who are experiencing stress and would like to learn coping strategies.

Referrals are also accepted from social prescribers and relevant partner organisations.

Entry requirements

You must be aged 19+ on 31 August 2024 and be UK resident for at least 3 years to join this course as an adult learner.

Delivery Method

This course will be delivered face to face at Crosby Community Hub over 3 weeks.

Fees

Free of charge.

If you need any more information, please contact our Customer Service team on 01724 297146.