

**Upcoming Skills for Wellbeing Courses:**  
in **Bollington** on **Wednesdays** from  
**25/03/2026** until **29/04/2026** (6 sessions)  
from 12 pm to 2 pm.



**East Cheshire  
Talking Therapies**

# Talk to us today

Irritable?  
Drinking more to cope?  
Feeling stressed?  
Issues with your partner?  
Not seeing mates anymore?  
Pretending everything is ok?

**01625 469 950**  
scan the code to complete  
our online referral form



**for anxiety and depression**  
Service provided by The Big Life group