



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Psychology Services,
CHO 6 Dublin South

FREE "STRESS CONTROL" EVENING CLASS

What is it?

'Stress Control' is a six session evening class being run by the HSE Dublin South Primary Care Psychology Service for those living in the Dun Laoghaire area. 'Stress Control' was devised to help the large number of people who experience stress and who are keen to learn how to tackle their problems themselves.

As this is a class and not therapy no one will be asked to discuss their personal experience. Each session deals with a separate aspect of stress but as they all link together, it is highly recommended that you attend all six sessions.

When is it?

Thursday evenings , Jan 21st-Feb 25th 2016 for six weeks,

21 st January 2016	Session 1:	Learning about Stress
28th January	Session 2:	Controlling your Body
4 th February	Session 3:	Controlling your Thoughts
11 th February	Session 4:	Controlling your Actions
18 th February	Session 5:	Controlling Panic
25 th February	Session 6:	Controlling Sleep problems and Course Review

Time: 7.30pm - 9.00pm

Where is it on?

Mounttown Community Facilities, Meadowlands Fitzgerald Park, Lower Mounttown Road, Dun Laoghaire.

Cost: This is a HSE run course and there is no charge. A once off voluntary contribution of €5 is welcome towards tea, coffee but is not obligatory.

What do I do next?

If you are interested in attending the course please register with Tina Devitt Tel: 012362892 or 086 7709133 Mon to Fri 9am to 5pm) Primary care administration.

Course Leader: Aisling White