



Wythenshawe Anxiety Group



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The Wythenshawe Anxiety Groups offers individuals living with anxiety the opportunity to meet in a supportive environment to talk about their experiences and share information and coping strategies.

- Generalised Anxiety Disorder
- Obsessive Compulsive Disorder
- Phobias
- Stress
- Panic Attacks
- Post Traumatic Stress Disorder

The group meets at :

Meeting Room A,
Forum Library,
Forum Square,
Wythenshawe,
Manchester M22 5RX
Saturday 12 noon – 2pm

Contact Self Help Services on 0161 226 3871 or email admin@selfhelpservices.org.uk to find out more.

www.selfhelpservices.org.uk

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