

# Christmas Stress Busting Workshop

An informal free session to understand stress and learn tools and techniques to help build resilience, reduce and manage stress

Tuesday 11 December 2pm-4pm  
Caldicot Town Hall, Sandy Lane  
Caldicot  
NP26 4NA



Thursday 13 December 10am-12pm  
45B Cross Street, Abergavenny  
NP7 5NP



Friday 14 December 10am-12pm  
Hywel Dda Centre, Regent Street  
Chepstow  
NP16 5BY

To reserve a place please call

Telephone: 01873 858275 / 07956 987308



Email: [iaa@mindmonmouthshire.org.uk](mailto:iaa@mindmonmouthshire.org.uk)

