

## Coping with the Christmas Holidays



**Guidance on stress management and managing worries over the Christmas period**

**Opportunity to ask questions, gain information, advice, and guidance from The Bedfordshire Wellbeing Service**

**Bedfordshire Wellbeing Service**

*Making a positive difference through Talking Therapies*

**Thursday 2<sup>nd</sup> December 2021**

**4.30-5.30pm**

**Free to attend via Microsoft Teams**

**Register for your place via the Eventbrite link below**

**<https://www.eventbrite.co.uk/e/169601287015>**

**Resources will be sent out after each session**

Organised by the CBC North Localities Early Help Teams:

For more information, please contact

North Early Help [-northearyhelp@centralbedfordshire.gov.uk](mailto:northearyhelp@centralbedfordshire.gov.uk)