



ANXIETY WORKSHOPS

Negative thoughts and why we have them

with Kim Barclay

Wednesday 23rd March 2022

11am to 1pm

VENUE: Leemore Centre, Bonfield Road, Lewisham SE13 5EU –
please come through the green gates at the side of the building and
we are in the main hall

**Would you like to return to work, become a volunteer and help in the
community, do something for yourself like a hobby, sports, keeping fit,
training or returning to education?**

**This workshop will be able to help you resolve some negative thoughts about
yourself.**

A 90 minute session focussing on anxiety, how it manifests as negative thoughts and why we have them.

We will focus on simple practical ways we can challenge these thoughts so they don't create barriers for our lives.

This session will be interactive and dynamic with lots of space for questions, specific experiences and troubleshooting.

We will also look at imposter syndrome and how the stories we tell ourselves prevent us reaching our potential.

PLEASE EMAIL TO LET US KNOW YOU ARE COMING –

info@lewishamparentcarer.org.uk