

If you are registered with a GP in East Cheshire and would like some support, please call us on 01625 469950 or complete a referral online at www.thebiglifegroup.com/service/talking-therapies-eastern-cheshire/

Upcoming Courses

NHS
East Cheshire
Talking Therapies

Skills for Wellbeing

- 24th April - Online
- 1st May - Online (evening)
- 7th May - Online
- 9th May - Congleton
- 12th May - Macclesfield (evening)
- 15th May - Online
- 16th May - Online
- 19th May - Wilmslow
- 20th May - Knutsford
- 27th May - Online (evening)
- 29th May - Alderley Edge

Long Term Health Conditions

- 9th April - Macclesfield
- 25th April - Online

Overcoming Worry & Anxiety

- 24th April - Macclesfield

We also offer courses in Bollington and Poynton



for anxiety and depression