

we are withyou

at Renfrewshire Community Links

We run small, friendly groups to help you improve your health and wellbeing.

If you would like more information just speak to the Community Link Worker or email renfrewshirelinks@wearewithyou.org.uk

Women's Mixed Anxiety & Depression

Date: each Monday from the 25th of April

Time: 11am to 12.30pm

A four week programme that teaches proven strategies to tackle symptoms and show how to work with thoughts, emotions and behaviours to make positive changes in how you feel.

Sleep Group

Date: each Wednesday from the 27th of April

Time: 11am to 12pm

A three week programme full of advice and information to improve sleep. This course looks at how making small changes to your daily routine can greatly improve your sleep

Chronic Pain

Date: each Tuesday from the 26th of April

Time: 11am to 1pm

A four week programme that will teach proven strategies for managing pain and how to work with thoughts, emotions and behaviours to make positive changes in how you feel

Men's Mixed Anxiety & Depression

Date: each Thursday from the 21st of April

Time: 11am to 12.30pm

A four week programme that teaches proven strategies to tackle symptoms and show how to work with thoughts, emotions and behaviours to make positive changes in how you feel.