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## Anxiety Workshops

Understanding Anxiety: [Monday 6th February 2pm-4pm](#)

Useful tools to dealing with anxiety: [Monday 13th February 2pm-4pm](#)

## Mindfulness Workshops

Introduction to mindfulness: [Monday 20th February 2pm-4pm](#)

Mindfulness practice & Self compassion: [Monday 27th February 2pm-4pm](#)