

TALKING SPACE

NEW

CBT Group Programme starting September 2013

Anxiety and Worry

Low Mood

Obsessive Compulsive Disorder (OCD)

Mindfulness for Depression

**Mindfulness for Long-Term Physical
Health Conditions**

Carers of People with Dementia

**For further information or to refer yourself
please call 01865 325777**

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Web: www.talkingspaceoxfordshire.org