

# 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**

**Telephone: 01865 325777**

**Web: [www.talkingspaceoxfordshire.org](http://www.talkingspaceoxfordshire.org)**