



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Psychology Services,
CHO 6 Dublin South

FREE "STRESS CONTROL" EVENING CLASS

What is it?

'Stress Control' is a six session evening class being run by the HSE Dublin South Primary Care Psychology Service for those living in the Dun Laoghaire area. 'Stress Control' was devised to help the large number of people who experience stress and who are keen to learn how to tackle their problems themselves.

As this is a class and not therapy no one will be asked to discuss their personal experience. Each session deals with a separate aspect of stress but as they all link together, it is highly recommended that you attend all six sessions.

When is it?

Thursday evenings , 27th April to 1st June 2017 for six weeks,

27 th April	Session 1:	Learning about Stress
4 th May	Session 2:	Controlling your Body
11 th May	Session 3:	Controlling your Thoughts
18 th May	Session 4:	Controlling your Actions
25 th May	Session 5:	Controlling Panic
1 st June	Session 6:	Controlling Sleep problems and Course Review

Time: 8pm - 9.30pm

Where is it on?

Mounttown Community Facilities, Meadowlands Fitzgerald Park, Lower Mounttown Road, Dun Laoghaire.

Cost: This is a HSE run course and there is no charge. A once off voluntary contribution of €5 is welcome towards tea, coffee but is not obligatory.

What do I do next? If you are interested in attending the course please email stresscontrol.dublinsouth@hse.ie or leave a message for Primary Care Administration at 01 236 2892 indicating whether you are interested in the daytime or evening course

Course Leader: Aisling White