**Oasis Talking Therapy Sessions - 2019**

**Dates for Women’s Sessions**

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| --- | --- |
| **Timing for each session**  | **11.30am – 12.30pm** |
|  | 29th April 2019  | Anxiety / Panic Management  |
|  | 13th May 2019 | Anxiety / Panic Management  |
|  | 20th May 2019 | Anxiety / Panic Management  |
|  | 03rd June 2019 | Bereavement |
|  | 10th June 2019 | Bereavement |
|  | 17th June 2019 | Living well with long term health conditions |
|  | 24th June 2019 | Living well with long term health conditions |
|  | 1st July 2019 | Living well with long term health conditions |
|  | 8th July 2019 | Evaluation  |

**Dates for Men’s Sessions**

|  |  |
| --- | --- |
| **Timing for each session**  | **11am – 12pm**  |
|  | 10th April 2019 | Anxiety / Panic Management  |
|  | 24th April 2019 | Anxiety / Panic Management  |
|  | 8th May 2019 | Anxiety / Panic Management  |
|  | 22nd May 2019 | Bereavement |
|  | 12th June 2019 | Sleeplessness |
|  | 26th June 2019 | Sleeplessness |
|  | 10th July 2019 | Living well with long term health conditions |
|  | 24th July 2019 | Living well with long term health conditions |
|  | 14 August 2019  | Evaluation  |