



## Managing Stress & Anxiety

Tutor Name:

**Kim Lee Own**

Day & Date

**Wednesdays**

**20 September 2017**

**6 June 2018**

Timings

**7pm - 9pm**

Price:

**£35**

Number of Weeks

**5**

Target Group

Course Details

How progress and success will be recorded:

Materials required for first week:

Additional Costs:

Skills and qualifications needed:

Any further steps

Teaching & learning methods used:



Sawston  
Adult  
Education

# Course Information Sheet

We are fully committed to equality of opportunity and we welcome enrolments from everyone. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect.

We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirement with us in confidence.

Arrangements have been made to make sure that you are safe in this centre. If you feel you are not safe for any reason, please tell your tutor or centre manager, who will investigate to ensure your safety.

Anglian Learning (company registered number 07564749) T/A Sawston Village College Adult Learning  
Registered Office: New Road, Sawston, Cambridge, CB22 3BP

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