

UPCOMING HOPE COURSES

FREE to attend, available to people living in Devon over the age of 18

FACE-TO-FACE



COURSE	VENUE	DATES	TIMES
Isolation/Low level anxiety and depression	Follaton Hall, Totnes	Monday 22nd Jan - 4th March 2024	1-3pm
Anxiety and/or Depression	Paignton Library, Paignton	Tuesday 23rd Jan - 27th Feb 2024	1-3:30pm
Anxiety and/or Depression	Buckland Community Centre, Newton Abbot	Tuesday 6th Feb - 12th March 2024	1-3:30pm



01803 320600



hope.devon@nhs.net



http://bit.ly/hope_devon



REGISTER NOW!

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COURSE	VENUE	DATES	TIMES
Anxiety and/or Depression	Microsoft Teams	Wednesday 14th February - 20th March 2024	10am-12pm
Anxiety and/or Depression	Microsoft Teams	Monday 4th March - 8th April 2024	10am-12pm

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