



# Introduction to CLEAR's Anxiety Management Course

**Tuesday 12th December 2023 at 1pm - 2.30pm**

Brian Jackson House, 2 New North Parade, Huddersfield HD1 5JP

**This session is an introduction to CLEAR's full  
Anxiety Management course.**

**It will look at what factors may be contributing to your anxiety,  
and how the full course could help you better manage this.**

**If you would like to book a place or find out more  
please contact Carers Count:**

**0300 012 0231**



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