

Managing menopausal symptoms with group Cognitive Behaviour Therapy (CBT)

Are you struggling with...

Hot flushes?

Anxiety?

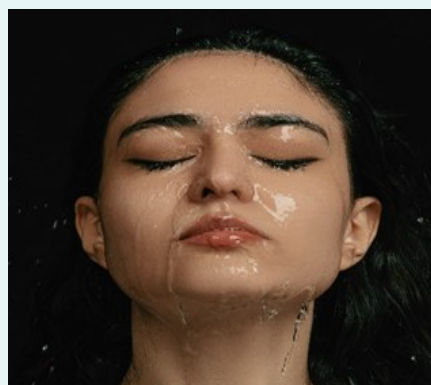
Brain fog?

Night sweats?

Depression?

Are you at any stage of menopause (perimenopause/post-menopause)?

If **yes**, you may benefit from attending our supportive group to learn evidence-based techniques to manage these symptoms.



Groups will be six, two-hour sessions, meeting weekly, on Tuesday mornings. **10:30am to 12:30pm** at **Friends' Meeting House, Bolton.**

To self-refer, please call **01204 483101**
or online at www.iaptportal.co.uk/bolt.html
or **scan the QR code**



for anxiety and depression

Service provided by Greater Manchester Mental Health NHS Foundation Trust