

Need to talk?

Friendly, relaxed and informative. Just turn up, no booking required. No pressures, just finding ways to support YOU.

Stress Management and Well-being Support Group run fortnightly with a qualified Stress Management Consultant.

£3 per person between 6pm and 7pm every other Tuesday at Highfield Barnes Community Centre in Kettering

Stress Management
Hosted by



Visit beutiful.co.uk or contact Jade at facebook.com/beutifulxx for more information.
Let us know if you would like to come
or just drop in.