

# Has COVID-19 caused you anxiety and stress?

**SWaNS** are offering **FREE**  
Support sessions that can help

Sessions are for 1hour and run through  
Zoom in small confidential groups.

Various times and days to suit

Contact us for further details and to book  
your place.

Email – [swans-cic@outlook.com](mailto:swans-cic@outlook.com)

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FACILITATED BY SWaNS – SUPPORTED BY EACH OTHER



**SESSIONS**

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