



## Are you struggling to cope with Menopause?

Our team is running a free 6 week programme focussing on a psychological approach to managing perimenopause, menopause and post menopausal symptoms.

The following symptoms and more will be covered in the sessions with the aim of improving well being.

- Anxiety & Sleep
- Sweats
- Hot Flashes
- Stress Management

The group sessions will be delivered on Microsoft Teams on Thursdays between 10:00-12:00 for six weeks.

 Impact on Teesside

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Refer yourself  
by scanning  
the QR code

