

ACTION IN CAERAU AND ELY (ACE)

Feeling stressed or overwhelmed?

# Stress Control

**A 6-week course to help you learn how to control stress or anxiety better.**

**Every Thursday Evening  
6 pm - 8 pm**

**For 6 weeks starting on the  
04th November 2021**

**Dusty Forge, Cowbridge Road West, Ely,  
CF5 5BZ**

**Please note, due to Covid we have a limited number of spaces. To book a place please call ACE on 02920 003132**

