

Group Therapy Timetable			
CBT for Anxiety 11 – 14 Years Info Sheet	Group 1	Walthamstow Family Hub 313 Billet Road Walthamstow E17 5PX	4 – 5pm Thursday 6 th June – Thursday 25 th July 2024
	Group 2	Walthamstow Family Hub 313 Billet Road Walthamstow E17 5PX	5.30 – 6.30pm Thursday 6 th June – Thursday 18 th July 2024
CBT for Anxiety 15 – 17 Years Info Sheet	Group 1	Leyton Family Hub 215 Queens Road Leyton E17 8PJ	4 – 5pm Tuesday 4 th June – Tuesday 23 rd July
	Group 2	Leyton Family Hub 215 Queens Road Leyton E17 8PJ	5.30 – 6.30pm Tuesday 4 th June – Tuesday 23 rd July