

## Menopause and Emotional Wellbeing Support Group

### **Are you experiencing Menopause symptoms? Is your emotional wellbeing being affected by symptoms of the Menopause?**

The Menopause and Emotional Wellbeing Group provides practical techniques and strategies to help you better manage your symptoms and your emotional wellbeing. We provide a confidential space for you to share your experience and learn from others who may be experiencing similar challenges.

#### **When and where?**

The group will start in September 2023 and will run for 6 weeks. Each weekly session lasts 2 hours and will take place in Welwyn Garden City. There will be a break in the middle of each session for refreshments, offering you the chance to have an informal chat with other group members.

#### **What will this group cover?**

The aim of the Menopause and Emotional Wellbeing Group is to equip participants with the information and skills to better manage the symptoms of menopause and thereby boost their quality of life, using CBT techniques. It seeks to reduce stress levels, manage worry, and improve mood and sleep when these are affected by menopause.

The group is delivered by qualified professionals, and, as well as offering emotional support, it is an opportunity to meet and talk with other people who are experiencing similar difficulties.

#### **Who can attend?**

- Any person whose emotional wellbeing is being affected by menopause-related symptoms
- Individuals registered with a GP in Hertfordshire

**For more information or to book a place contact Hertfordshire talking Therapies:**

**Online: [www.hpft-iapt.nhs.uk](http://www.hpft-iapt.nhs.uk) Telephone: 0800 6444 101**