



# Living With Menstrual Conditions Group

Based on Cognitive Behavioural Therapy (CBT) Skills & Techniques

Living with menstrual conditions such as Endometriosis, Pre-Menstrual Syndrome (PMS), Pre-Menstrual Dysphoric Disorder (PMDD), Polycystic Ovary Syndrome (PCOS) and so many more can affect more than just the physical body, it can impact on every aspect of your life.

If you would like support with managing your mood or feelings of anxiety when coping with these conditions and others, you can refer to **Croydon Talking Therapies** to join our Living with Menstrual Conditions Group. This is a skills based workshop using CBT techniques to learn new tools for coping in a shared, group based environment with others who have similar experiences.

## What does it involve?

This 8 week course covers topics such as self-compassion, managing thoughts, communication and relaxation.

## Where is it?

It takes place online using MS Teams.

## When is it?

First session will be on Friday 25th October\*  
11:00 –12:30



**Refer here!**

## How do I sign up?

You can book an assessment with us directly by calling us on 02032284040, emailing us at [CroydonNHSTalkingTherapies@slam.nhs.uk](mailto:CroydonNHSTalkingTherapies@slam.nhs.uk) or by scanning the QR code above. Alternatively, you can ask your GP or healthcare professional to make a referral to us directly.

\*This is subject to change dependent on the number of referrals we receive. In the unlikely case we may have to delay this starting date we will let you know as soon as possible.