

September-October Workshop Schedule

All workshops delivered via ZOOM

Tuesday	29 th September 6 Wk. Workshop	10.30-12noon	Making Changes Sessions to promote more helpful thinking, healthier behaviours and to increase your coping skills and to set goals to help you stay well.	Klaudia
Tuesday	29 th September & 20 th October 3 Wk. Workshop	6.30-8pm		Phoebe
Wednesday	30 th September & 28 th October 4 Wk. Workshop	1.30-3pm	Living Life To The Full LLTTF will help you to understand why you are feeling low, stressed, or worried and teach you how to manage these feelings in order to get the most out of life.	Graham
Wednesday	30 th September & 21 st October 3 Wk. Workshop	10.30-12noon	Wellbeing Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions	Klaudia
Wednesday	30 th September 6 Wk. Workshop	6.30-8pm	Recovery Sessions to promote a better understanding of recovery and to learn how to apply Changes 12 steps to manage various types of mental distress.	Louise
Thursday	1 st October 6 Wk. Workshop	1.30-3pm	Recovery Sessions to promote a better understanding of recovery and to learn how to apply Changes 12 steps to manage various types of mental distress.	Graham
Thursday	1 st October 6 Wk. Workshop	6.30-8pm	Wellbeing Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions	Graham
Friday	2 nd October 3 Wk. Course	10.30am-12.30pm	Mindfulness Course Can help you to learn new ways to handle difficult moods, thoughts, and feelings, help you to start taking better care of yourself and to get more out of your life	Mindfulness Teacher

To book you place on any of the above workshops please email: wellbeing.here4u@changes.org.uk

Alternatively, you can call Lisa on 07983 437 747