

## Face to Face workshops September-October 2020

All workshops will take place at Changes Health & Wellbeing Centre, Victoria Court, Booth Street, Stoke ST4 4AL

Day	Session dates	Time	Workshop	Coach
Monday	28 <sup>th</sup> September <b>6 Wk. Workshop</b>	10am-12noon	<b>Recovery</b> 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 <b>Room 5</b>
Tuesday	29 <sup>th</sup> September <b>6Wk. Workshop</b>	1-3pm	<b>Wellbeing</b> Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions.	Louise <b>Room 5</b>
Wednesday	30 <sup>th</sup> September <b>6 Wk. Workshop</b>	1-3pm	<b>Making Changes</b> Sessions to promote more helpful thinking, healthier behaviours and to increase your coping skills and to set goals to help you stay well	Phoebe <b>Room 5</b>
Thursday	1 <sup>st</sup> October & 22 <sup>nd</sup> October <b>3 Wk. Workshop</b>	10am-12noon	<b>Wellbeing</b> Sessions to teach self-management techniques for stress, anxiety & depression.	Klaudia <b>Room 5</b>
Friday	2 <sup>nd</sup> October & 23 <sup>rd</sup> October <b>3 Wk. Workshop</b>	1-3pm	<b>Making Changes</b> Sessions to promote more helpful thinking, healthier behaviours and to increase your coping skills and to set goals to help you stay well	Klaudia <b>Room 5</b>

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### Adult Community Learning Course's

Certificate provided

No post code restrictions apply

Course	Duration	Date	Time	Tutor
<b>Anger Management</b> Delivered over 6x 2hr 10min sessions, this course will help you to understand triggers. Help you to develop & use practical techniques to manage anger.	6- Week Course	Friday 2 <sup>nd</sup> October	10-12.10pm	Phoebe <b>Room 5</b>
<b>Advance into employment</b> Delivered over 6 x 2 hour 10 minute sessions, Advance into Employment aims for learners to have an increased awareness of barriers to employment, education, training or volunteering, and to develop techniques to overcome these barriers by looking at areas including Emotional Wellbeing, Healthy Thinking, Self-esteem and motivation.	6-Week Course	Thursday 8 <sup>th</sup> October	1-3.10pm	Louise <b>Room 1</b>
<b>Suicide Prevention Awareness</b> Looking at the facts and myths surrounding suicide and the factors that increase the risk of suicide. You will be able to identify the verbal and non-verbal signs indicating that someone may be in suicidal crisis and how to support them.	3-Week Course	Thursday 19 <sup>th</sup> November	1-3.10pm	Louise <b>Room 1</b>
<b>Stress &amp; Anxiety</b> what stress is, the causes of stress and the long-term effects of stress. Unhealthy thinking patterns, healthy thinking patterns and symptoms of anxiety. Identify resources to manage stress	4-Week Course	Friday 13 <sup>th</sup> November	10-12.10pm	Phoebe <b>Room 5</b>

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To book your place on any of the above workshops please email: [wellbeing.here4u@changes.org.uk](mailto:wellbeing.here4u@changes.org.uk)  
Alternatively, you can call Lisa on 07983 437 747