

## November- December Workshop Schedule

All workshops delivered via ZOOM

Monday	9 <sup>th</sup> November & 30 <sup>th</sup> November <b>3 Wk. Workshop</b>	6.30-8pm	<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
Wednesday	11 <sup>th</sup> November & 2 <sup>nd</sup> December <b>3 Wk. Workshop</b>  3 Wk. Mindfulness January 2021	10.30-12noon  Friday 10.30am-12.30pm	<b>Wellbeing/Mindfulness Course</b>  Build your understanding of unhealthy thoughts, feelings and behaviors Develop self-management techniques to manage these unhealthy cycles. <b>Followed by a 3-week Mindfulness Course -January 2021-</b> Incorporating Mindfulness into your self-management techniques for stress, anxiety & depression. 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	Klaudia  Mindfulness Teacher
Wednesday	11 <sup>th</sup> November <b>6 Wk. Workshop</b>	6.30-8pm	<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.	Louise
Thursday	12 <sup>th</sup> November <b>6 Wk. Workshop</b>	10.30-12noon	<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
Thursday	12 <sup>th</sup> November <b>6 Wk. Workshop</b>	6.30-8pm	<b>Wellbeing</b> Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions	Graham
Friday	13 <sup>th</sup> November <b>3 Wk. Course</b>	10.30am-12.30pm	<b>Mindfulness Course</b> 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](mailto:wellbeing.here4u@changes.org.uk)

Alternatively, you can call Lisa on 07983 437 747