

Face to Face workshops November – December 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	9 th November 6 Wk. Workshop	10am-12noon	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 Room 5
Tuesday	10 th November 6Wk. Workshop	1-3pm	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 Room 5
Tuesday	10 th November 6Wk. Workshop	10-12noon	Wellbeing Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions.	Louise Room 5
Wednesday	25 th November 4 Wk. Workshop	1-3pm	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 Room 5
Wednesday	11 th November 6 Wk. Workshop	10-12noon	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	Phoebe Room 1
Thursday	12 th November & 3 RD December 3 Wk. Workshop	10am-12noon	Wellbeing Sessions to teach self-management techniques for stress, anxiety & depression.	Klaudia Room 5
Friday	13 th November & 4 th December 3 Wk. Workshop	1-3pm	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 Room 5

Adult Community Learning Course's Certificate provided/No post code restrictions apply.

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

Course	Duration	Date	Time	Tutor
Anger Management 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	Wednesday 11 th November	10-12.10pm	Louise Room 5

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Stress & Anxiety 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 th November	10-12 Noon	Phoebe Room 5
Suicide Prevention Awareness 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 th November	1-3pm	Louise Room 1