

February- March 2021 Workshop Schedule

All workshops delivered via ZOOM

Monday	15 th February 4 Wk. Workshop	10.30-12noon	Living Life To The Full LLTF will help you to understand why you are feeling low, stressed, or worried and teach you how to manage these feelings to get the most out of life.	Graham
Monday	15 th February 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	Louise
Tuesday	16 th February 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	Graham
Tuesday	16 th February 6 Wk. Workshop	1.30-3pm	Wellbeing Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions	Phoebe
Tuesday	3 Wk. Workshop 16 th February- 3 Weeks & 9 th March – 3 Weeks	6.30-8pm	Wellbeing Themed (Stress & Anxiety) Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions. You will learn how to self-manage your stress and anxiety to improve your wellbeing.	Phoebe
Wednesday	10 th March 6 Wk. Workshop	10.30-12noon	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
Wednesday	3 Wk. Workshop 17 th February- 3 Weeks & 10 th March – 3 Weeks	1.30-3pm	Wellbeing Themed (Resilience) Build your understanding of unhealthy thoughts, feelings and behaviors Develop self-management techniques to manage these unhealthy cycles. You will explore Resilience, and what gives people the strength to cope with stress and hardship. It is the mental reservoir of strength that people can call on.	Phoebe
Wednesday	17 th February 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.	Graham
Thursday	18 th February 6 Wk. Workshop	10.30-12noon	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.	Phoebe
Thursday	18 th February 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	19 th February 6 Wk. Course	10.30-12noon	Wellbeing Build your understanding of unhealthy thoughts, feelings and behaviors Develop self-management techniques to manage these unhealthy cycles.	Louise
Friday	26 th February 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

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Adult Community Learning Course's February- March 2021-VIA ZOOM

Certificate provided/No post code restrictions apply.

Course	Duration	Date	Time	Tutor
5 Ways to Wellbeing Who is this for? Life is like a jigsaw with many aspects to your life and wellbeing. Making 5 simple changes can make a positive impact on your life! This course is designed for adults wanting to learn about how they can make these changes fir a better lifestyle.	3-Week Course	Monday 15 th February	1-3pm	Phoebe
Anger Management Who is it for? The Anger Management programme is designed for adults who are currently finding it difficult to address their anger. This course will also aid others in helping and supporting people who demonstrate anger and aggressive behavior. If you want to understand more about anger, how it affects your life and what can be done to manage anger and aggression.	6-week course	Wednesday 17 th February	6- 8.10pm	Louise
Suicide Prevention Awareness Who is it for? This course is suitable adults wanting to have a greater understanding of what leads to someone feeling suicidal and to gain the skills and confidence to be able to help someone in this situation.	3-Week Course	Thursday 18 th February	10.30-12.30pm	Louise
Stress and Anxiety Management Who is it for? This programme is designed to enable adults to explore concepts of surrounding mental wellbeing and mental distress. Specifically, you will learn how to self-manage your stress and anxiety to improve your general wellbeing.	4-Week Course	Monday 8 th March	1-3pm	Phoebe

To book the above workshops please email: wellbeing.here4u@changes.org.uk

Alternatively, you can call Lisa on 07983 437 747