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|  Tuesday  | **3 Wk. Workshop**13th April- 3 Weeks& 4th May– 3 Weeks  | 10.30-12noon |  **Wellbeing Themed** (Stress & Anxiety)Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions | **ZOOM****Graham** |
| Tuesday | 13th April**6 Wk. Workshop** |  1.30-3pm | RecoverySessions to promote a better understanding of recovery and to learn how to apply Changes 12 steps to manage various types of mental distress | ZOOMLouise |
| Tuesday | 13th April**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 | **ZOOM****Louise** |
|  Wednesday | 14th April**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. | **ZOOM****Graham** |
|  Thursday | 15th April**6 Wk. Workshop** | 10.30-12.30pm | **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. | **Face to Face****Room 5****Graham** |
|  Thursday | **3 Wk. Workshop**15thApril- 3 Weeks&6th May– 3 Weeks | 1.30-3pm |  **Wellbeing Themed** (Understanding Anger)If you want to understand more about anger, how it affects your life and what can be done to manage anger and aggression, then this is the course for you. | **ZOOM****Graham** |
|  Friday | 16th April**6 Wk. Workshop** | 10.30-12.30pm | **Wellbeing**Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions | **Face to Face****Room 5****Louise** |

**Adult Community Learning Course’s**

**All ACL courses will be delivered face 2 face at Changes Wellbeing Centre**

*Certificate provided/No post code restrictions apply*.

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| **Course** | **Duration** | **Date** | **Time** | **Tutor** |
|  **Anger Management Course****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, then this is the course for you. |  6-Week  Course |   Wednesday 14th April | 10.30-12.40pm |    Louise**Face to Face** **Room 5** |
|  **Stress and Anxiety Management****Who is it for?** This programme is designed to enable adults to explore concepts surrounding metal wellbeing and mental distress. Specifically, you will learn how to self-manage your stress and anxiety to improve your general wellbeing. | 4-Week Course |   Thursday 15th April |   1-3pm |  Louise**Face to Face** **Room 5**   |
|  **Assertiveness Course****Who is it for?** The programme is to enable adults to stand up for what you believe is right, ask for what you want, and say no to what you don’t want in a way that’s confident, calm and respectful. | 4-Week Course |  Wednesday 2nd June  | 10.30-12.30pm |   Louise**Face to Face** **Room 1**  |
|  **Advance to Employment****Who is it for?** This programme is designed for adults who need Information, advice, and guidance in seeking access to training, education, or employment. This programme will help motivate and support you with a more personalised and in-depth support approach to help get your life back on track! | 6-Week Course |  Thursday  20th May |  1-3.10pm |  Louise**Face to Face** **Room 5**  |

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

Alternatively, you can call Lisa on 07983 437 747