

## August- September 2021 Workshop Schedule

Tuesday	<b>6 Wk. Workshop</b> 17 <sup>th</sup> August	10.30am- 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	<b>ZOOM</b> <b>Graham</b>
Tuesday	<b>3 Wk. Workshop</b> 17 <sup>th</sup> August & 7 <sup>th</sup> September	1-3.30pm	<b>Wellbeing Themed (Stress &amp; Anxiety)</b> You will learn how to self-manage your stress and anxiety to improve your general wellbeing.	<b>Louise</b> <b>Room 5</b>
Tuesday	<b>6 Wk. Workshop</b> 17 <sup>th</sup> August	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	<b>ZOOM</b> <b>Emor</b>
Wednesday	<b>6 Wk. Workshop</b> 18 <sup>th</sup> August	10-12.30pm	<b>Wellbeing</b> Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions	<b>Louise</b> <b>Room 5</b>
Wednesday	<b>6 Wk. Workshop</b> 18 <sup>th</sup> August	1-3.30pm	<b>Foundation Wellbeing</b> Sessions to promote helpful thinking and behavior. Helps to increase your coping skills and stay well	<b>Graham</b> <b>Room 5</b>
Wednesday	<b>6 Wk. Workshop</b> 18 <sup>th</sup> August	6-8.30pm	<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	<b>Graham</b> <b>Room 5</b>
Thursday	<b>6 Wk. Workshop</b> 19 <sup>th</sup> August	10am-12.30pm	<b>Recovery</b>	<b>Emor</b> <b>Room 5</b>

## August- September 2021 Workshop Schedule

			Sessions to promote a better understanding of recovery and to learn how to apply Changes 12 steps to manage various types of mental distress	
Thursday	<b>6 Wk. Workshop</b> 19 <sup>th</sup> August	1-3.30PM	<b>Foundation Wellbeing</b> Sessions to promote helpful thinking and behavior. Helps to increase your coping skills and stay well	<b>Graham Room 5</b>
Thursday	<b>6 Wk. Workshop</b> 19 <sup>th</sup> August	6-8.30pm	<b>Wellbeing</b> Sessions to teach self-management techniques for stress, anxiety & depression. Explore the thought cycle and dealing with difficult emotions	<b>Louise Room 5</b>
Friday	<b>3WkWorkshop</b> 20 <sup>th</sup> August & 10 <sup>th</sup> September	10-12.30-pm	<b>Wellbeing Themed</b> (Stress & Anxiety) You will learn how to self-manage your stress and anxiety to improve your general wellbeing	<b>Emor Room 5</b>
Friday	<b>6 Wk Workshop</b> 20 <sup>th</sup> August	1-3.30PM	<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	<b>Louise Room 5</b>

To book please email: [wellbeing.here4u@changes.org.uk](mailto:wellbeing.here4u@changes.org.uk)

Alternatively, you can call Lisa on 07983 437 747