

Day	Session dates	Time	Workshop (3-Week Courses)	Coach
Monday	29 <sup>th</sup> June	6.30-8pm	<b>Wellbeing – Polish</b> Sessions to teach self-management techniques for Stress, Anxiety & Depression - delivered in Polish language	Klaudia
Tuesday	30 <sup>th</sup> June	10.30-12noon	<b>5 Ways to Wellbeing</b> This workshop explores how making relatively minor adjustments in 5 key areas of your life can lead to improved mental wellbeing and improved self-esteem	Steve
Tuesday	30 <sup>th</sup> June	10.30-12noon	<b>Themed Wellbeing</b> Self-esteem / Emotional Intelligence/ Social & interpersonal skills	Phoebe
Tuesday	30 <sup>th</sup> June	1.30-3pm	<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	Klaudia
Thursday	2 <sup>nd</sup> July	1.30-3pm		Phoebe
Tuesday	30 <sup>th</sup> June	1.30-3pm	<b>LLTF</b> Sessions to teach new skills to tackle low mood and stress, more effective problem solving and ways to become more contented	Graham
Thursday	2 <sup>nd</sup> July	10.30-12noon		Graham
Tuesday	30 <sup>th</sup> June	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	Graham
Wednesday	1 <sup>st</sup> July	10.30-12noon		Louise
Wednesday	1 <sup>st</sup> July	1.30-3pm	<b>Themed Wellbeing</b> Sleep Hygiene, Worry & Resilience	Graham

Wednesday	1 <sup>st</sup> July	6.30-8pm	<b>Wellbeing</b> Sessions to teach self-management techniques for Stress, Anxiety & Depression	Phoebe
Thursday	2 <sup>nd</sup> July	1.30-3pm	<b>Themed Wellbeing</b> Feelings are not always facts, Motivation & Behavioral Activation	Klaudia
Friday	3 <sup>rd</sup> July	10.30-12noon	<b>Suicide Awareness</b> 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, including the production of a suicide plan, and finally you will look at ways of maintaining your own wellbeing after offering such support	Steve
Friday	3 <sup>rd</sup> July	10.30-12noon	<b>Themed Wellbeing</b> Assertiveness Techniques	Phoebe

### Adult Community Learning Course's

***\*No Post code restrictions apply***

Day	Session dates	Time	Workshop	Tutor
Tuesday	30 <sup>th</sup> June	1-3pm	<b>Stress &amp; Anxiety</b> (3-week course)	Louise
Thursday	2 <sup>nd</sup> July	6.30-8.30pm	<b>Anger Management</b> (4-week course)	Louise
Friday	3 <sup>rd</sup> July	1-3pm	<b>Positive Mental Attitude</b> (3-week course)	Louise

To book your place contact Lisa- Tel: 07983 437 747

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