

Living Well

Courses for Wellbeing & Recovery

Feeling Well

supporting you to understand and effectively manage depression & low mood

Learning to Relax

equipping you with the understanding & skills to manage stress effectively

Building Courage

developing strategies to help you tackle anxiety

Staying Well at Work

improving resilience & building positive wellbeing

Sleeping Well Workshop

exploring strategies to help you to improve sleep

Important Information

Our 'Living Well' courses have been designed to support people make positive changes in their lives. Informed by CBT principles these guided self-help courses support you to identify unhelpful thinking patterns and behaviours, whilst offering new coping strategies

These digital courses will be run via Zoom; giving you all the benefits of face-to-face support from your own home. Each group will have no more than 20 participants and facilitated by our experienced workers at Mind in Mid Herts.

Details

Date: April 2020 Location: Online Cost: £20

Book: <https://mindinmidherts.eventbrite.co.uk/>

www.mindinmidherts.org.uk

