

Living Well

Courses for wellbeing and recovery

Our 'Living Well' courses and workshops have been designed to support people to make positive changes in their lives. Informed by psychological principles, these self-help courses support you to identify unhelpful thinking patterns and behaviors, whilst offering new helpful coping strategies. These courses will be run online and in our centers; giving you all the benefits of face-to-face support. Each group will have no more than 16 participants, and are facilitated by our experienced trainers at Mind in Mid Herts.

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| Being Assertive: gaining an understanding of assertive communication and behavior. | Online Course | 9 th April (Monday 5pm-8pm) |
| Learning to Relax: equipping you with the skills to manage stress effectively. | St Albans Centre | 15 th April to 29 th April (3 x Monday's, 12pm – 1:30pm) |
| Feeling Well: supporting you to understand and manage low mood. | Online course | 19 th April – 10 th May (4 x Friday's 1pm- 2:30pm) |
| Building Courage: developing strategies to help you tackle anxiety. | Stevenage Centre | 15 th May & 22 nd May (2 x Wednesdays, 1pm – 3pm) |
| Coping with Loss & Change: understand types of loss and significant change | Online course | 21 st May – 11 th June (4 x Tuesdays, 2pm- 3.30pm) |
| Sleeping Well: exploring strategies to help you to improve sleep | St Albans Centre | 3 rd June – 17 th June (3 x Mondays, 12pm- 1:30pm) |
| Developing Self Compassion: Supporting you to combat self-criticism and develop self-compassion | Stevenage Centre | 5 th June & 12 th June (2 x Wednesdays, 1pm- 3pm) |
| Staying Calm: developing strategies to effectively express difficult emotions. | Online Workshop | 18 th June & 25 th June (2 x Tuesday's 2pm-4pm) |

BOOK:

Bookings: mindinmidherts.org.uk/mental-health-training-and-workshops/courses-workshops/living-well/
Enquiries: training@mindinmidherts.org.uk
Donations: Can be made via mindinmidherts.org.uk

