

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.

Learning to Relax: equipping you with the skills to manage stress effectively.	Online Workshop	10 th April (1 x session, Thursday, 5pm-8pm)
Developing Self Compassion: Supporting you to combat self-criticism and develop self-compassion	Stevenage Centre	25 th April & 2 nd May (course run over 2 x Fridays, 1pm – 3pm)
Building Courage: developing strategies to help you tackle anxiety.	Hatfield Centre	7 th May – 28 th May (course run over 4 x Wednesdays, 12pm-1:30pm)
Coping with Loss & Change: understand types of loss and significant change	Online Course	12 th May - 26 th May (course run over 3 x Mondays, 1pm-3pm)
Feeling Well: supporting you to understand and manage low mood.	Stevenage Centre	16 th May – 30 th May (course run over 3 Fridays, 1:00pm-3:00pm)
Being Assertive: gaining an understanding of assertive communication and behavior.	Hatfield Centre	11 th June & 18 th June (course run over 2 Wednesdays, 12pm-1:30pm)
Staying Calm: developing strategies to effectively express difficult emotions.	Online Course	16 th June & 23 rd June (course run over 2 Mondays, 1pm-3pm)
Sleeping Well: exploring strategies to help you to improve sleep.	Online Workshop	26 th June (1 x session, Thursday, 5pm-8pm)

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

