

COMMUNITY WELLBEING COURSES

Part of The Healthy Minds Academy

New for June 2016

The Mind Fit Programme

All courses are open to **MEN AND WOMEN** please book your place at:

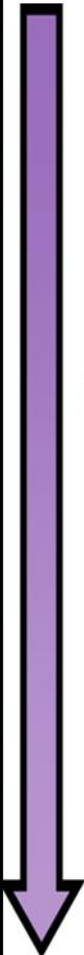
Community Wellbeing **FREEPHONE** Tel: 0808 280 3160

39 - 41 Scotland Road, Nelson, BB9 7UT.

Facebook - Lancashire Women's Centres

Twitter - @WomensCentred

www.womenscentre.org

The Start	COURSES	DATES	LENGTH	TIME	CONTENT
	The Planner	Tuesday 07/06/2016	5 weeks	1pm - 3pm	<p>FIRST-STEPS , SELF-ESTEEM.</p> <p>The Starter Course - Supporting your first steps to improving how you feel. Aims to make you realise that you are not alone , to look at what you want to achieve and to be YOU.</p> <p><i>'JOIN THE COUNTLESS OTHERS WHO HAVE TAKEN THAT 1ST STEP AND NEVER LOOKED</i></p>
	The Journey	To Be Confirmed	5 Weeks	TBC	<p>BUILD CONFIDENCE , DEVELOP, FOCUS and GROW</p> <p>The second part and main body of our Mind Fit programme, builds you up, looks more closely at your Self-Esteem & Confidence, and Communication by learning new techniques focusing on Assertiveness and Positive growth. This course aims to help you see more clearly the direction you should be going in and puts you firmly on that path able to problem solve and ask for what you want.</p>
	The Prize	To Be Confirmed	5 Weeks	TBC	<p>LASTING CHANGES , STRENGTH.</p> <p>This course aims to highlight what you have achieved, what you want and to enjoy being YOU</p>

Support Encourage Enable

#WellbeingMatters

