

COMMUNITY WELLBEING COURSES

Part of The Healthy Minds Academy

New Year - January 2016

The Mind Fit Programme

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

Community Wellbeing Tel: 0808 280 3160 or 01282 507200

Facebook - Lancashire Women's Centres

Twitter - @WomensCentred

www.womenscentre.org

The Start	COURSES	DATES	LENGTH	TIME	CONTENT
	The Planner	Thurs 14/01/2016	5 weeks	1pm - 3pm	FIRST-STEPS , SELF-ESTEEM. 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. <i>'JOIN THE COUNTLESS OTHERS WHO HAVE TAKEN THAT 1ST STEP AND NEVER LOOKED BACK</i>
	The Journey PART 1	Thurs 25/02/2016	5 Weeks	1pm - 3pm	BUILD CONFIDENCE , DEVELOP. The main body of our Mind Fit programme, builds you up, looks more closely at your Self-Esteem & Confidence, Communication and Perception by learning new techniques. This course aims to help you see more clearly the direction you should be going in and puts you firmly on that path.
	The Journey PART 2 For learners from Journey Part 1	Thurs 28/04/2016	5 weeks	1pm - 3pm	ASSERT YOURSELF , FOCUS AND GROW. The second part of the main course focusses on your journey, developing those new techniques and growth. It looks at what really matters to you, helps you to be positive, assertive and to solve problems. This course aims to enable you to ask for what you want.
	The Prize	Thurs 09/06/2016	5 weeks	1pm - 3pm	LASTING CHANGES , STRENGTH. This course aims to highlight what you have achieved, what you want and to enjoy being YOU <i>..... AND BE THE BEST YOU HAVE BEEN IN 2016'</i>
The Finish Line					

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#WellbeingMatters



The Mind Fit Programme ... Our Recommended Route



The Planner



Part 1

The Journey



Part 2

The Prize

Each session takes 2 hours per week and Each Stage will take up to 5 weeks to complete.

1st steps - The Planner

SELF-ESTEEM

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.

Part 1 - The Journey

BUILD CONFIDENCE

The main body of our MindFit programme is to build you up, looks more closely at your Self- confidence, Communication and perception by learning new techniques.

AIMS – to help you to see more clearly the direction you should be going in and puts you firmly on that path.

Part 2 - The Journey

ASSERT YOURSELF

The second part of the main course focuses on feeling stronger, developing those new techniques and growth. It look at what really matters to you, helps you to be positive, assertive and to solve problems.

AIMS – to enable you to ask for what you want.

Lasting changes - The Prize

STRENGTH

The final touches. This course is for you if you are ready and want to take the next steps. Polish your new skills and confidence and make lasting positive changes.

AIMS- to highlight what you have achieved, what you want and to enjoy being YOU.

BOOK NOW! Call 0808 280 3160 or 01282 507200

Community Wellbeing
39-41 Scotland Road, Nelson BB9 7UT
(entrance at rear of building on Back Scotland Rd)
community.wellbeing@nhs.net

For details on upcoming courses call 01282 507200

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