

Summer Term
Crown Street

Course title	Day	Starts on	End Date	Time	Duration
Assertiveness	Wednesday	10/05/2017	24/05/2017	13:00	3
Challenging stigma and raising awareness	Friday	05/05/2017	05/05/2017	10:00	1
Challenging stigma and raising awareness	Friday	28/07/2017	28/07/2017	13:00	1
Confidence building	Wednesday	26/07/2017	02/08/2017	10:00	2
Creative writing	Wednesday	03/05/2017	07/06/2017	10:00	6
Crochet for beginners	Friday	23/06/2017	28/07/2017	10:00	6
Expressive arts	Friday	16/05/2017	16/06/2017	10:00	6
Feel better through comedy	Wednesday	21/06/2017	19/07/2017	10:00	5
Living life to the full	Friday	16/06/2017	21/07/2017	13:00	6
Managing anxiety	Wednesday	12/07/2017	12/07/2017	13:00	1
Positive body image	Friday	19/05/2017	09/06/2017	13:00	4
Self esteem	Wednesday	05/05/2017	12/05/2017	13:30	2
Treasure your wellbeing	Wednesday	31/05/2017	28/06/2017	13:00	5
Understanding anxiety	Wednesday	05/07/2017	05/07/2017	13:00	1
Understanding depression	Wednesday	19/07/2017	19/07/2017	13:00	1
Understanding OCD	Wednesday	26/07/2017	26/07/2017	13:00	1
What is recovery learning	Wednesday	03/05/2017	03/05/2017	13:00	1
What is recovery learning	Wednesday	14/06/2017	14/06/2017	10:00	1

If you have any enquiries regarding our courses please call us on 0151 330 4140 or visit our website www.liferooms.org