

Autumn Term
The Life Rooms, Southport

All of our course sessions are between 2 and 2 ½ hours in length

| Introduction to recovery principles | | | | |
|--|------------|------------------|-------------|-----------------|
| Course title | Day | Starts on | Time | Duration |
| Recovery Learning & Disclosure | Wednesday | 06-09-2017 | 10:00 | 1 session |
| Recovery Learning & Disclosure | Friday | 08-09-2017 | 14:00 | 1 Session |
| Recovery Learning & Disclosure | Thursday | 12-10-2017 | 10:00 | 1 Session |
| Recovery Learning & Disclosure | Thursday | 23-11-2017 | 13:00 | 1 Session |
| Challenging Stigma Awareness | Wednesday | 06-09-2017 | 13:30 | 1 session |
| Challenging Stigma Awareness | Friday | 13-10-2017 | 13:00 | 1 session |
| Challenging Stigma Awareness | Friday | 24-11-2017 | 13:00 | 1 session |

| Living with/understanding conditions | | | | |
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| Course title | Day | Starts on | Time | Duration |
| Anxiety - Autism Initiatives | Wednesday | 15-11-2017 | 12:00 | 1 session |
| Transition is change - Autism Initiatives | Wednesday | 13-12-2017 | 12:00 | 1 session |
| Girls on the Autistic Spectrum - Autism Initiatives | Wednesday | 20-09-2017 | 12:00 | 1 session |
| Puberty - Autism Initiatives | Wednesday | 18-10-2017 | 12:00 | 1 session |
| Creating Positive Body Image | Wednesday | 13-09-2017 | 13:00 | 4 sessions |
| Creating Positive Body Image | Wednesday | 29-11-2017 | 13:30 | 4 sessions |
| Managing Anxiety | Monday | 11-09-2017 | 10:00 | 1 session |
| Managing Anxiety | Wednesday | 25-10-2017 | 10:00 | 1 session |
| Managing Anxiety | Monday | 06-11-2017 | 10:00 | 1 session |
| Managing Anxiety | Thursday | 07-12-2017 | 10:00 | 1 session |
| Managing Anxiety | Tuesday | 19-12-2017 | 13:30 | 1 session |
| Understanding Anxiety | Monday | 04-09-2017 | 10:00 | 1 session |
| Understanding Anxiety | Wednesday | 18-10-2017 | 10:00 | 1 session |
| Understanding Anxiety | Monday | 30-10-2017 | 14:00 | 1 session |
| Understanding Anxiety | Thursday | 30-11-2017 | 10:00 | 1 session |
| Understanding Anxiety | Tuesday | 12-12-2017 | 13:30 | 1 session |
| Understanding Depression | Monday | 04-09-2017 | 13:30 | 1 session |
| Understanding Depression | Wednesday | 11-10-2017 | 10:00 | 1 session |

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| Understanding Depression | Wednesday | 22-11-2017 | 13:00 | 1 session |
| Understanding Depression | Monday | 11-12-2017 | 10:00 | 1 session |
| Understanding Depression | Thursday | 21-12-2017 | 13:00 | 1 session |
| Understanding OCD | Monday | 09-10-2017 | 13:00 | 1 session |
| Understanding Psychosis | Thursday | 19-10-2017 | 10:00 | 1 session |
| Understanding Substance Misuse | Thursday | 14-09-2017 | 13:30 | 1 session |

Taking back control

| Course title | Day | Starts on | Time | Duration |
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| Assertiveness | Thursday | 07-09-2017 | 10:00 | 2 sessions |
| Assertiveness | Monday | 16-10-2017 | 10:00 | 2 sessions |
| Assertiveness | Monday | 13-11-2017 | 10:00 | 2 sessions |
| Confidence Building | Tuesday | 05-09-2017 | 13:30 | 2 sessions |
| Confidence Building | Wednesday | 18-10-2017 | 14:00 | 2 sessions |
| Confidence Building | Friday | 03-11-2017 | 13:30 | 2 sessions |
| Confidence Building | Wednesday | 06-12-2017 | 10:00 | 2 sessions |
| Living Life to the Full | Friday | 08-09-2017 | 10:00 | 6 sessions |
| Self Esteem | Monday | 18-09-2017 | 10:00 | 2 sessions |
| Self Esteem | Monday | 16-10-2017 | 14:00 | 2 sessions |
| Self Esteem | Thursday | 02-11-2017 | 10:00 | 2 sessions |
| Self Esteem | Wednesday | 06-12-2017 | 14:00 | 2 sessions |
| Treasure Your Wellbeing | Wednesday | 01-11-2017 | 10:00 | 5 sessions |

Health and wellbeing

| Course title | Day | Starts on | Time | Duration |
|--------------------------------|-----------|------------|-------|------------|
| Creative Writing | Monday | 11-09-2017 | 13:30 | 4 sessions |
| Health & Wellbeing for Carers | Monday | 09-10-2017 | 10:00 | 1 session |
| Cook Well – New! | Wednesday | 29-11-2017 | 11:00 | 4 sessions |
| Living with Loss & Bereavement | Thursday | 28-09-2017 | 14:00 | 6 sessions |
| Living Well | Monday | 06-11-2017 | 13:00 | 5 sessions |
| Making Music – New! | Monday | 16-10-2017 | 10:00 | 8 sessions |
| Mindfulness – Taster | Tuesday | 26-09-2017 | 14:00 | 1 session |
| Mindfulness – Taster | Friday | 24-11-2017 | 10:00 | 1 session |
| Mindfulness Explored | Tuesday | 03-10-2017 | 14:00 | 4 sessions |
| Mindfulness Explored | Friday | 01-12-2017 | 10:00 | 4 sessions |
| Poetry workshop – New! | Monday | 06-11-2017 | 13:00 | 1 session |
| Poetry Course - New | Monday | 13-11-2017 | 13:30 | 4 sessions |

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| Sleep SOS | Thursday | 28-09-2017 | 10:00 | 2 sessions |
| Sleep SOS | Wednesday | 08-11-2017 | 13:30 | 2 sessions |
| Super sing | Tuesday | 31-10-2017 | 14:30 | 6 sessions |
| The Whole of Me | Monday | 25-09-2017 | 13:30 | 5 sessions |
| Women & Mental Health | Friday | 20-10-2017 | 10:00 | 4 sessions |
| Yoga | Tuesday | 17-10-2017 | 11:00 | 4 sessions |

Groups and events for health and wellbeing

| Group/Event title | Day | Starts on | Time | Duration |
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| Arts Group – New! | 1 st Thursday of month | 07-09-2017 | 14:00 | Ongoing |
| Jog On Group – New! | Tuesday | 29-08-2017 | 15:00 | 6 sessions |
| National Poetry Day Celebration | Thursday | 28-09-2017 | 10:30 | 1 session |
| Treasure Trails – New! | Wednesday | 27-09-2017 | 10:00 | 1 day |

Keep an eye on our website or ask our staff about additional courses, groups and events throughout the term!

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