

The Brink - Autumn Term

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
Challenging Stigma Awareness	Tuesday	12/09/17	12:00	1 session
Recovery Learning & Disclosure	Tuesday	05/09/17	12:00	1 session

Living with/understanding conditions

Course title	Day	Starts on	Time	Duration
Managing Anxiety	Tuesday	03/10/17	12:00	1 session
Understanding Anxiety	Tuesday	26/09/17	12:00	1 session
Understanding Depression	Tuesday	17/10/17	12:00	1 session
Understanding Psychosis	Tuesday	10/10/17	12:00	1 session

Taking back control

Course title	Day	Starts on	Time	Duration
Assertiveness	Tuesday	07/11/17	12:00	2 sessions
Self Esteem	Tuesday	24/10/17	12:00	2 sessions

Health and wellbeing

Course title	Day	Starts on	Time	Duration
Feeling better through comedy	Tuesday	21/11/17	12:00	5 sessions

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