

**Autumn Term**

**Toxteth Library**

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

**Introduction to recovery principles**

<b>Course title</b>	<b>Day</b>	<b>Starts on</b>	<b>Time</b>	<b>Duration</b>
Recovery Learning & Disclosure	Wednesday	06/09/17	14:00	1 session
Challenging Stigma Awareness	Wednesday	13/09/17	14:00	1 session
Recovery Learning & Disclosure	Wednesday	20/09/17	13:00	1 session
Recovery Learning & Disclosure	Wednesday	20/12/17	14:00	1 session

**Living with/understanding conditions**

<b>Course title</b>	<b>Day</b>	<b>Starts on</b>	<b>Time</b>	<b>Duration</b>
Managing Anxiety	Wednesday	04/10/17	14:00	1 session
Managing Anxiety	Wednesday	29/11/17	14:00	1 session
Understanding Anxiety	Wednesday	27/09/17	14:00	1 session
Understanding Anxiety	Wednesday	22/11/17	14:00	1 session
Understanding Depression	Wednesday	18/10/17	13:30	1 session

**Taking back control**

<b>Course title</b>	<b>Day</b>	<b>Starts on</b>	<b>Time</b>	<b>Duration</b>
Assertiveness	Wednesday	08/11/17	14:00	2 sessions
Confidence Building	Wednesday	06/12/17	14:00	2 sessions
Living Life to the Full	Wednesday	15/11/17	10.30	6 sessions
Self Esteem	Wednesday	25/10/17	14:00	2 sessions

## Health and wellbeing

Course title	Day	Starts on	Time	Duration
Feel Better through Comedy	Wednesday	13/09/2017	10:00	5 sessions
Yoga	Wednesday	18/10/17	10:30	4 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](http://www.liferooms.org)**