

**Autumn Term - The Life Rooms, Walton**

**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	Friday	08-09-2017	10:00	1 session
Challenging Stigma Awareness	Friday	29-09-2017	13:30	1 session
Challenging Stigma Awareness	Tuesday	21-11-2017	13:30	1 session
Challenging Stigma Awareness	Tuesday	19-12-2017	10:00	1 session
Recovery Learning & Disclosure	Friday	08-09-2017	13:30	1 session
Recovery Learning & Disclosure	Wednesday	04-10-2017	10:00	1 session
Recovery Learning & Disclosure	Monday	20-11-2017	13:30	1 session
Recovery Learning & Disclosure	Wednesday	20-12-2017	14:00	1 session

**Living with/understanding conditions**

Course title	Day	Starts on	Time	Duration
Creating Positive Body Image	Thursday	05-10-2017	10:00	4 sessions
Managing Anxiety	Monday	11-09-2017	10:00	1 session
Managing Anxiety	Thursday	21-09-2017	10:00	1 session
Managing Anxiety	Wednesday	18-10-2017	14:00	1 session
Managing Anxiety	Tuesday	24-10-2017	13:30	1 session
Managing Anxiety	Thursday	09-11-2017	13:00	1 session
Managing Anxiety	Friday	01-12-2017	14:00	1 session
Understanding Anxiety	Monday	04-09-2017	10:00	1 session
Understanding Anxiety	Thursday	14-09-2017	10:00	1 session
Understanding Anxiety	Wednesday	11-10-2017	14:00	1 session
Understanding Anxiety	Tuesday	17-10-2017	13:30	1 session
Understanding Anxiety	Thursday	02-11-2017	13:00	1 session
Understanding Anxiety	Friday	24-11-2017	14:00	1 session
Understanding Depression	Monday	04-09-2017	13:30	1 session
Understanding Depression	Friday	06-10-2017	13:30	1 session
Understanding Depression	Tuesday	31-10-2017	13:30	1 session
Understanding Depression	Monday	13-11-2017	13:30	1 session
Understanding Depression	Friday	01-12-2017	10:00	1 session
Understanding OCD	Thursday	07-09-2017	10:00	1 session
Understanding Psychosis	Tuesday	28-11-2017	13:30	1 session

Understanding Substance Misuse	Monday	09-10-2017	10:00	1 session
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### Taking back control

Course title	Day	Starts on	Time	Duration
Assertiveness	Friday	15-09-2017	10:00	2 sessions
Assertiveness	Monday	02-10-2017	10:00	2 sessions
Assertiveness	Thursday	23-11-2017	13:00	2 sessions
Assertiveness	Monday	11-12-2017	13:30	2 sessions
Confidence Building	Thursday	07-09-2017	13:30	2 sessions
Confidence Building	Friday	29-09-2017	10:00	2 sessions
Confidence Building	Monday	30-10-2017	13:30	2 sessions
Living Life to the Full	Monday	16-10-2017	10:00	6 sessions
Self Esteem	Monday	18-09-2017	10:00	2 sessions
Self Esteem	Friday	27-10-2017	13:30	2 sessions
Self Esteem	Wednesday	15-11-2017	13:00	2 sessions
Self Esteem	Thursday	30-11-2017	10:00	2 sessions
Treasure Your Wellbeing	Monday	20-11-2017	10:00	5 sessions

### Health and wellbeing

Course title	Day	Starts on	Time	Duration
Creative Writing	Thursday	30-11-2017	14:00	4 sessions
Crochet for beginners	Thursday	05-10-2017	13:30	4 sessions
Health & Wellbeing for Carers	Friday	10-11-2017	13:00	1 session
Cook Well – New!	Monday	16-10-2017	10:00	4 sessions
Journeys through Film	Wednesday	13-09-2017	10:00	1 session
Journeys through Film	Wednesday	11-10-2017	10:00	1 session
Journeys through Film	Wednesday	08-11-2017	10:00	1 session
Journeys through Film	Wednesday	20-12-2017	10:00	1 session
Living with Loss & Bereavement	Tuesday	03-10-2017	13:30	6 sessions
Making Music – New!	Monday	16-10-2017	14:00	8 sessions
Mindfulness – Taster	Tuesday	26-09-2017	10:00	1 session
Mindfulness Explored	Tuesday	03-10-2017	10:00	4 sessions
Poetry Course	Monday	18-09-2017	13:30	4 sessions
Sleep SOS	Monday	16-10-2017	13:30	2 sessions
Sleep SOS	Friday	08-12-2017	10:00	2 sessions
Supersing	Tuesday	31-10-2017	10:00	6 sessions
The Whole of Me	Monday	20-11-2017	13:30	5 sessions

Women & Mental Health	Thursday	02-11-2017	10:00	4 sessions
Yoga	Friday	08-09-2017	10:00	4 sessions
Yoga	Friday	13-10-2017	10:00	4 sessions

### Knowledge and skills

Course title	Day	Starts on	Time	Duration
Basic IT	Wednesday	13-09-2017	13:00	Weekly
Maths (entry level)	Wednesday	13-09-2017	09:30	Weekly
Maths (level 1)	Wednesday	13-09-2017	13:00	Weekly
English (level 1 & 2)	Thursday	14-09-2017	13:00	Weekly
Introduction to research – New!	Tuesday	26-09-2017	10:30	6 sessions

### Groups and events for health and wellbeing

Group/Event title	Day	Starts on	Time	Duration
Arts Group – New!	1 <sup>st</sup> Wed of month	06-09-2017	14:00	Monthly
Sexual health with Dr. Feelwell – New!	Wednesday	13-09-2017	14:00	1 session
Mental health & wellness with Dr Feelwell – New!	Wednesday	11-10-2017	14:00	1 session
Diabetes awareness with Dr Feelwell – New!	Wednesday	08-11-2017	14:00	1 session
Oral health with Dr Feelwell – New!	Wednesday	12-12-2017	14:00	1 session
Jog On Group – New!	Tuesday	29-08-2017	13:00	6 sessions
National Poetry Day – New!	Thursday	28-09-2017	All day	1 day
Nordic Walking Group	Thursday	Every Thursday	10:15	Weekly
Poetry Workshop – New!	Monday	11-09-2017	13:30	1 session
Smoking Cessation Group – New!	Wednesday	06-09-2017	10:00	Weekly
Treasure Trails – New!	Thursday	28-09-2017	10:00	1 session
Walking Group	Thursday	Every Thursday	12:00	Weekly
Gardening Group	Tuesday	Every Tuesday	14:00	Weekly

**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)**