

FREE 2 HOUR WORKSHOPS

Available for a variety of common mental health and well-being concerns

Workshops are held at the following Venues:

- James Barnes Centre, Kendray Hospital, Barnsley, S70 3RD
- Mental Health Access Team (MHAT), Rose Tree Avenue, Cudworth, S72 8UA

ASSERTIVENESS SKILLS

5:30 – 7:30pm at MHAT

Laura B and Rhyann Morley

- Wednesday 23rd October 2019
- Wednesday 11th December 2019

MINDFULNESS

5:30 – 7:30pm at MHAT

Kathryn K and Zoe Field

- Monday 8th July 2019
- Monday 12th August 2019
- Monday 9th September 2019
- Monday 14th October 2019
- Monday 11th November 2019
- Monday 9th December 2019

PROBLEM SOLVING & WORRY

5.30 – 7.30pm at MHAT

Sian and Leonie M

- Tuesday 9th July 2019
- Tuesday 6th August 2019
- Tuesday 3rd September 2019
- Tuesday 1st October 2019 (at James Barnes Centre)
- Tuesday 12th November 2019
- Tuesday 3rd December 2019

SLEEP WELLBEING

5:30 – 7:30pm at MHAT

Carolyn & Laura C

- Wednesday 14th August 2019
- Wednesday 9th October 2019
- Wednesday 4th December 2019

IMPROVING MOTIVATION AND MOOD

5.30 – 7.30pm at MHAT

Kathryn K and Rachel A

- Monday 22nd July 2019
- Monday ? August 2019
- Monday 23rd September 2019
- Monday 28th October 2019
- Monday 25th November 2019
- Monday 16th December 2019

STRESS MANAGEMENT

5:30-7:30pm at James Barnes Centre

Carolyn & Laura C

- Wednesday 17th July 2019
- Wednesday 11th September 2019
- Wednesday 6th November 2019

BREATHING AND RELAXATION

5:30 – 7:30pm at MHAT

Jill K and Aysia I

- Monday 1st July 2019
- Monday 5th August 2019
- Monday 2nd September 2019
- Monday 7th October 2019
- Monday 4th November 2019
- Monday 2nd December 2019

UNDERSTANDING BEREAVEMENT & LEARNING TO LIVE WITH LOSS

5:30-7.30PM at MHAT

Laura B and Rhyann Morley

- Wednesday 18th September 2019
- Wednesday 20th November 2019

To book your place:

Call 01226 644900

Or visit our website:

www.barnsleyiapt.co.uk