

FREE 2 HOUR WORKSHOPS

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

Workshops are held at the following Venues:

- Mental Health Access Team (MHAT), Rose Tree Avenue, Cudworth, S72 8UA

ASSERTIVENESS SKILLS

- Monday 30th March 2020 at 5:30pm (Lara and Rachel A)
- Thursday 25th June 2020 at 1:30pm (Shareen and Anna)
- Friday 14th August 2020 at 10am (Zoe and Jade)

MINDFULNESS

- Friday 10th January 2020 at 10am (Zoe and Jade)
- Thursday 6th February 2020 at 5:30pm (Kathryn and Zoe)
- Friday 20th March 2020 at 1:30pm (Laura and Kath)

PROBLEM SOLVING & WORRY

- Tuesday 21st January 2020 at 10am (Rachel Wood and Aysia)
- Friday 29th May 2020 at 10am (Zoe and Jade)
- Wednesday 30th September 2020 at 5:30pm (Carolyn and Khadine)

SLEEP WELLBEING

- Wednesday 29th January 2020 at 5:30pm (Carolyn and Khadine)
- Friday 5th June 2020 at 2pm (Laura B and Kath)
- Tuesday 13th October 2020 at 10am (Aysia and Rachel W)

IMPROVING MOTIVATION AND MOOD

- Friday 20th March 2020 at 10:30am (Zoe and Jade)
- Wednesday 15th April 2020 at 5:30pm (Carolyn and Khadine)
- Tuesday 30th June 2020 at 10:30am (Aysia and Rachel W)

STRESS MANAGEMENT

- Thursday 16th January 2020 at 1:30pm (Shareen and Anna)
- Tuesday 10th March 2020 at 5:30pm (Jill and Shareen)
- Tuesday 14th April 2020 at 10am (Aysia and Rachel W)

BREATHING AND RELAXATION

- Monday 6th January 2020 at 5:30pm (Aysia and Jade)
- Monday 23rd March 2020 at 5:30 pm (Aysia and Jade)
- Thursday 2nd April 2020 at 1:30pm (Shareen and Anna)

Understanding Bereavement

- Wednesday 22nd January 2020 at 5:30pm (Laura B and Anna)
- Wednesday 22nd April 2020 at 5:30 pm (Laura B and Anna)
- Wednesday 15th July 2020 at 5:30pm (Laura B and Anna)

To book your place:

Call 01226 644900

Or visit our website:

www.barnsleyiapt.co.uk