

Wellbeing Workshops

Developing strategies to cope with anxiety

This adult course is designed to help you manage your anxiety and stress by finding the coping strategies which work best for you.

The group size will be small and will take an informal approach to ensure everyone has the opportunity to share their views and experience in a safe and supportive environment. Every participant will receive a 28-page course pack so that the learning and reflection continues after the course has ended.

This 6-week course will cover:

- Understanding how we respond to anxiety
- Using mindfulness
- Relaxation techniques
- Managing our helpful and unhelpful thoughts
- Grounding techniques
- Gratitude

Courses will be run according to demand, starting in September and running through Spring.

Courses are being run by *Freedom Personal Safety*, a social enterprise created in 2008 to give women and children the skills, knowledge and confidence to keep themselves safe.

Our wellbeing programmes provide opportunities for social interactions and to explore new ideas and experiences.

To register your interest in attending a course, please contact Lisa Scully

email: lisa.scully@kirklees.gov.uk

Tel/txt 07976 944415

Course dates have not yet been set

