

Adult Wellbeing Workshops

- *Developing strategies to help with anxiety and stress.*
- *A short course for families with SEND children*

Each week, we look at activities and small changes you can make, which when added together can make a **BIG** change to your mood and ability to cope.

For example:

- What is anxiety
- Using mindful breathing
- Creating a resource bank
- Coping with unhelpful thoughts
- relaxation, grounding, gratitude.

Our adult wellbeing programmes provide opportunities for social interactions and to explore new ideas and experiences in a small informal group. There are opportunities to develop peer support with likeminded people.

This course can run either as a virtual group, face to face or a mixture of the two, according to participants wishes.

Once you have registered for a place, we will determine how and which days / times will work best for the group.

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.

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

lisa.scully@kirklees.gov.uk

Tel/txt 07976 944415

