

Other Courses

We also facilitate the following courses;

Mindfulness, An Introduction; This 8 week course introduces a mind-body based approach that helps people change the way they think and feel about their experiences.

The Recovery Group; For those who have completed courses, group work or individual support.

Time for Change; A twice weekly psycho-educational group lasting for 30 weeks.

Preparing for Work; A weekly course which meets within the local Job-centre, and supports you in overcoming barriers to work with Soft Skills modules such as Communication, Teamwork, Interviewing Techniques, Problem Solving, and Goal Setting. A certificate is awarded for each successfully completed module.

Call 01322 291380 or email angie.taylor@dgsmind.co.uk



for better mental health

Coping with Life Courses 2015

DGS Mind

The Almshouses

20 West Hill

Dartford DA1 2EP

dgsmind.org.uk



Coping with Life Courses

Coping with Life courses help people to learn and develop coping strategies using cognitive behavioural methods. Each course lasts for 1.5 hours over 6 weeks, and includes various homework tasks.

Building Self-Esteem; This course helps participants understand how thoughts and beliefs can maintain low self-esteem. Participants learn and develop skills that will help to change this cycle. The course introduces ideas on how to develop self-confidence and provides an opportunity to practice strategies that help to build and maintain self-confidence.

Assertiveness Skills Training; This course looks at reasons why many people have difficulties being assertive in certain situations and helps participants develop skills to handle criticism, say no and avoid being taken advantage of. The course looks at strategies to develop assertiveness skills and involves practising skills with other group members.

Stress Management Skills; This course helps people identify the cause and effects of stress. Participants learn practical skills e.g. time management; problem solving and relaxation techniques that will help them manage their stress more effectively

Managing Anxiety; This course provides participants with an understanding of what anxiety is and how it is maintained. The course looks at the relationship between thoughts, feelings and behaviour. Participants learn how assertiveness, problem solving and relaxation help to reduce anxiety.

Managing Depression; This course provides participants with an understanding of how the interrelationship between thoughts, feelings and behaviour help to maintain depression. The course enables participants to identify strategies and develop skills that will help to change this cycle

Course Dates

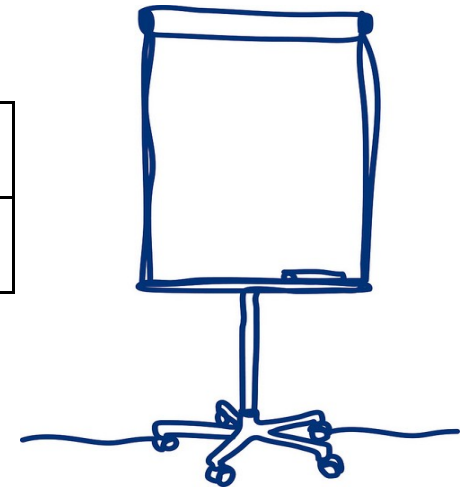
All our courses are repeated at various dates.

| Course | Dartford | Gravesend |
|--------------------------|----------|-----------|
| Building Self-Esteem | 14.05.15 | 23.02.15 |
| Assertiveness Training | 19.02.15 | 12.01.15 |
| Stress Management Skills | 08.01.15 | 13.07.15 |
| Managing Anxiety | 02.04.15 | 24.08.15 |
| Managing Depression | 25.06.15 | 01.06.15 |

Venue Details

St Anselm's, 89 West Hill, Dartford,
Kent, DA1 2HJ

The Riverside Centre, Dickens Road,
Gravesend, Kent, DA12 2JY



To enquire about joining
please call or email us.

Call **01322 291380** or
email **angie.taylor@dgsmind.co.uk**