

## Other Courses

We also facilitate the following courses;

**Mindfulness, An Introduction;** This 7 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.

**Preparing for Work;** A weekly course which meets within the local Jobcentre, 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.



for better mental health

Coping with Life  
Courses

North Kent Mind  
The Almshouses  
20 West Hill  
Dartford

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North Kent Mind is a registered charity 1103790

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## 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 7 weeks, and includes various homework tasks.

**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

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

**Improving Self-Esteem, Confidence & Assertiveness;** This course helps participants understand how thoughts and beliefs can maintain low self-esteem and undermine assertiveness. Participants learn and develop skills that help to change these cycles. The courses teaches you how to recognise your value, handle criticism, say no and avoid being taken advantage of. The course introduces ideas on how to develop self-confidence and provides an opportunity to practice strategies and skills with other group members to build and maintain self-confidence and assertiveness.

## Course Dates

Course	Dartford	Gravesend
Managing Depression	05.04.18. 11.10.18	03.09.18.
Managing Anxiety and Stress	09.08.18.	25.06.18.
Improving Self Esteem, Confidence & Assertiveness	07.06.18.	09.04.18. 05.11.18.

## Venue Details

Thames Gateway YMCA, Overy Street, Dartford, Kent, DA1 2HJ  
Thursdays 12.00 — 1:30 pm

The Gr@nd, 26 King Street, Gravesend, Kent, DA12 2DU  
Mondays 10.30 am — 12.00 noon



To enquire or join please call or email us;  
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