



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.

To enquire or join please call or email us;
01322 291 380
angietaylor@northkentmind.co.uk

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

Course Dates	
All our courses are repeated at various dates.	
Course	Gravesend
Managing Depression	03.09.18.
Managing Anxiety and Stress	25.05.18. 14.01.19.
Improving Self Esteem, Confidence & Assertiveness	05.11.18.
Dartford	Gravesend
11.10.18	03.09.18.
09.08.18.	25.05.18. 14.01.19.
17.01.19.	05.11.18.



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.

01322 291380

www.northkentmind.co.uk

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North Kent Mind's other services

Wellbeing Services:

A range of open and activity sessions, courses and groups, and mentoring.

Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £8.00 per session.

Supported Housing:

Long and short-term supported housing.

Education:

Placements for social work students, mental health nurse trainees, trainee counsellors and police cadets.

Training Services

Mental health training.

Springboard Employment Services

A range of services to support people into employment, volunteering or training.

All our leaflets are available in large print, Braille, or other formats, on request.

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.

North Kent Mind

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Coping with Life Courses 2018

