**Living Well workshops**

Below is a list of Living Well Workshops facilitated by KC Mind staff who have lived experience of mental health issues in a range of ways. There is also a small number of workshops facilitated by staff from CNWL Talking Therapies. All workshops take place on Tuesdays from 2-3.30pm. Those provided online will take place on Zoom and those provided face-to-face will take place in a venue to be confirmed (details will be provided).

**Your details**

Name:

Email:

Phone number:

**Choice of workshops**

Please mark Y for the workshop/s you are interested in attending and return this form as soon as possible to book your place to Sonja.jansli@kcmind.org.uk

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| --- | --- | --- | --- |
| **Workshop topic** | **Further detail** | **Date** | **Please mark Y to book your place** |
| Dealing with stress | Online | 13-6-23 |  |
| Understanding panic attacks | CNWL Talking Therapies online | 20-6-23 |  |
| Self-care for anxiety | Face-to-face | 27-6-23 |  |
| Combating negative thinking | Face-to-face |  4-7-23 |  |
| Boosting your mood, including food and mood | CNWL Talking Therapies online | 11-7-23 |  |
| Managing rollercoaster feelings | Face-to-face | 18-7-23 |  |
| Motivation | Online | 25-7-23 |  |
| Building and maintaining positive relationships | Face-to-face |  1-8-23 |  |
| Building resilience | Online |  8-8-23 |  |
| Improving sleep | CNWL Talking Therapies online | 15-8-23 |  |
| Building your confidence and being assertive | Face-to-face | 22-8-23 |  |
| Maintaining personal boundaries | Face-to-face | 29-8-23 |  |
| Self-compassion | Face-to-face |  5-9-23 |  |
| Effective communication skills including active listening, reflecting and empathy | Face-to-face | 12-9-23 |  |
| Five ways to wellbeing | Online | 19-9-23 |  |
| Goal-setting and problem-solving | Online | 26-9-23 |  |
| Exploring your own identity and exploring stigma | Face-to-face |  3-10-23 |  |
| Moving on from trauma including connecting to your body | Face-to-face | 10-10-23 |  |

**Access needs**

Please let us know if you have any access needs that we need to bear in mind in order for you to feel included in the workshops:

**What happens when you’ve booked your place?**

We will get in touch with the Zoom link to use in order to attend the workshop/s you have booked or details of the venue where the workshops are taking place in person. Bookings will be made on a first-come, first-served basis so do book early!