



Positive Minds

Moving towards a hopeful future

Spring Workshops

Commencing February 2020

Monday Opening Hours 12.30pm - 7:30pm	Anxiety & Stress (4 weeks) 1pm - 2pm	Identifying Emotions, Thoughts & Feelings Veteran (3 weeks) 6pm - 7pm
Tuesday Opening Hours 12.30pm - 7:30pm	Civilian and Military World View Management Veteran (2 weeks) 1pm - 2pm	Depression & Low Mood (4 weeks) 6pm - 7pm
Wednesday Opening Hours 12.30pm - 7:30pm	Life Skills to Manage Your Emotions (6 weeks) 1pm - 2pm	Communication in Civvy Street Veteran (4 weeks) 6pm - 7pm
Thursday Opening Hours 12.30pm - 7:30pm	Identity, Meaning, Control & Belonging Veteran (3 weeks) 1pm - 2pm	6 Ways to Wellbeing (4 weeks) 6pm - 7pm
Friday Opening Hours 12.30pm - 7:30pm	Assertiveness & Self-Esteem (3 weeks) 1pm - 2pm	Anger Management (3 / 4 weeks) (Week 1 for Veterans) 6pm - 7pm
Saturday Opening Hours 12.30pm - 7:30pm	Life Skills to Manage Your Emotions (6 weeks) 11am - 12pm	