

Struggling to handle life's ups and downs?

Emotional Resilience Structured Course



Would you like to learn how to cope better with -

- Relationship difficulties
- Work stress/job loss
 - Bereavement
- Long-term ill-health
 - Caring for others
 - Financial worry
- Low mood or feeling anxious

If so then our course could help you...

Emotional Resilience

About the course

Our six week Emotional Resilience course aims to help you deal more effectively with the stresses of daily life and respond to challenges and problems.

The course helps you cope with difficult thoughts and feelings and teaches you techniques which help you improve your wellbeing.

Courses are free of charge. In order to obtain maximum benefit from the course, you must be able to commit to the six consecutive sessions.

Courses will be held on a Thursday evening 6pm – 8pm at Harpurhey Sure Start Children’s Centre, North City Family & Fitness Centre Upper Conran Street Harpurhey M9 4DA

For further information and dates for the next course please contact Self Help Services Community Services Team.

E-mail: communityservices@selfhelpservices.org.uk

Telephone: 01612263871

Alternatively you can visit our website:

www.selfhelpservices.org.uk



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