

# Living Well

Courses for wellbeing and recovery

Our 'Living Well' courses and workshops have been designed to support people to make positive changes in their lives. Informed by psychological principles, these self-help courses support you to identify unhelpful thinking patterns and behaviors, whilst offering new helpful coping strategies. These courses will be run online and in our centers; giving you all the benefits of face-to-face support. Each group will have no more than 16 participants, and are facilitated by our experienced trainers at Mind in Mid Herts.

<b>Being Assertive:</b> gaining an understanding of assertive communication and behavior.	Online Workshop	11 <sup>th</sup> July (Thursday 2pm-5pm)
<b>Feeling Well:</b> supporting you to understand and manage low mood.	Online Course	16 <sup>th</sup> July & 23 <sup>rd</sup> July (2 x Tuesdays, 2pm – 4pm)
<b>Building Courage:</b> developing strategies to help you tackle anxiety.	Online course	7 <sup>th</sup> & 14 <sup>th</sup> August (2 x Wednesdays, 1pm – 3pm)
<b>Coping with Loss &amp; Change:</b> understand types of loss and significant change.	St Albans Centre	2 <sup>nd</sup> September – 23 <sup>rd</sup> September (4 x Monday's, 12pm-1:30 pm)
<b>Sleeping Well:</b> exploring strategies to help you to improve sleep.	Online Workshop	19 <sup>th</sup> September (Thursday 5pm-8pm)
<b>Staying Calm:</b> developing strategies to effectively express difficult emotions.	Online Course	17 <sup>th</sup> & 24 <sup>th</sup> September (2 x Tuesday's 2pm-4pm)

**BOOK:** Bookings: [mindinmidherts.org.uk/mental-health-training-and-workshops/courses-workshops/living-well/](https://mindinmidherts.org.uk/mental-health-training-and-workshops/courses-workshops/living-well/)  
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 Donations: Can be made via [mindinmidherts.org.uk](https://mindinmidherts.org.uk)

