

Wellbeing Skills for Families, Friends & Carers*

* Of someone with a mental health issue



Families, friends and carers of people living with mental health difficulties go through their own challenges. These five stand-alone sessions offer a safe space to explore and learn in a group about your needs and strengths and learn skills to make the best of life.

| Dates: | | To book one or more sessions contact: 0203 513 5818 or recoverycollege@swlstg.nhs.uk |
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| Thur 5 May 10:30am - 12:30pm | Wed 8 Jun 12.30pm – 2.30pm | Your Role in Recovery |
| Thur 12 May 10:30am - 12:30pm | Wed 15 Jun 12.30pm – 2.30pm | What is Recovery |
| Thur 19 May 10:30am - 12:30pm | Wed 22 Jun 12.30pm – 2.30pm | Responding to Extremes |
| Thur 26 May 10:30am - 12:30pm | Wed 29 Jun 12.30pm – 2.30pm | Planning for Wellbeing |
| Thur 9 Jun 10:30am - 12:30pm | Wed 13 July 12.30pm – 2.30pm | Navigating Support Services |



Sessions will be delivered online via
MS Teams

