

Live Life to the Full

Feel happier, sleep better, do more and feel more confident!

Running for 8 weeks, Live Life to the Full helps us understand our thoughts, feelings, behaviours and physical feelings. It's informal and friendly, with each session running for 1 & 1/2 hours per week.

Week 1: Why do I feel so bad?

Week 2: I can't be bothered doing anything.

Week 3: Why does everything always go wrong?

Week 4: I'm not good enough.

Week 5: How to fix almost everything.

Week 6: The things you do that mess you up.

Week 7: Are you strong enough to keep your temper?

Week 8: 10 things you can do to help you feel happier straight away.

We will walk through the slides and discuss the topics in each session and we also look at how we can do things differently or look at things in a different way.

We also set small weekly tasks but to complete at your own pace and for what you feel comfortable with.

Starting Friday 23rd September for 8 weeks 9:30am – 11:30am.

This will be a face to face course at the Caia Park Partnership, Prince Charles Road, Wrexham, LL13 8TH

If you're interested in this course, please contact:
maxim.mainwaring@newmind.org.uk or call 07878 113599