



Self-Advocacy for Empowerment

SKILLS FOR A STRONGER VOICE!

Develop your confidence to express your views. Bring about positive changes in your life. Know your rights and where to get help and support. All sessions are designed to make a positive difference. The **SAFE** programme is available to service users, carers, and anyone with mental health concerns. Most transport costs are refunded, refreshments are provided and are totally free.

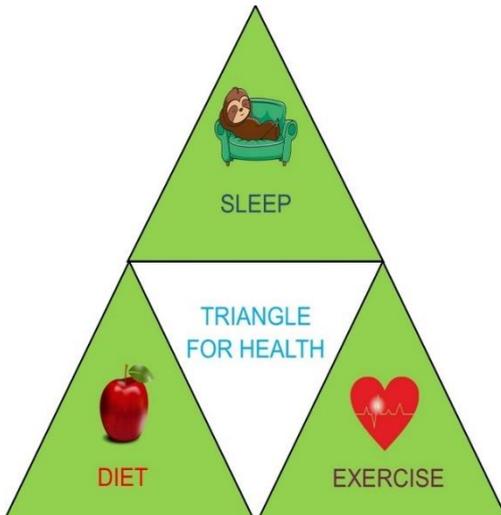
Some courses are also open to staff and volunteers.

CONFIDENTIAL, INDEPENDENT AND FREE!

**ONE POSITIVE THOUGHT IN THE MORNING CAN CHANGE
YOUR WHOLE DAY!**

We will be running hybrid sessions, meaning you will all be together regardless of whether you choose to be online or at the venue. (Subject to spaces and your current needs). Online will be held using Microsoft Teams (Help will be provided over the telephone to get you set up). You will need a computer/laptop, or you can download the Microsoft Teams app on your iPad/tablet or mobile phone. Sessions will be held in Flint on a Wednesday. All sessions run for approximately one and a half hours with a ten-minute tea break.

Our hybrid sessions provide the perfect opportunity for our online clients to gain their confidence in the comfort of their own home and it enables them to still feel the benefits of being part of a group. The hybrid sessions also give our face-to-face clients the opportunity to demonstrate to those online that being at the venue is a safe and enjoyable place to be, whilst building on their own confidence.



All things well that end well - One week course

Feeling stressed? Not sleeping well or sleeping too much? Why not come along and find out why this could be happening and learn some helpful ways to a healthier wellbeing. Learn about good sleep hygiene, mood foods and the five ways to wellbeing. All of this can help lower your stress levels, help your sleep pattern, and get you on the right track to a healthier you.

Wednesday 11th May 2022 1.30pm-3pm Flint

Routine... the key to good mental health – Two-week course

We all know babies and small children need to have a stable routine especially around sleep. This is also true for older children and adults. When we have routine in our lives it helps us to keep going and take good care of our well-being. In this course we will look at the importance of having a good routine, how to go about setting up a routine, and how to stick to a routine. We will also discuss what happens when something unexpected occurs and we have to make small changes to our routine.

Wednesday 18th & 25th May 2022 1.30pm-3pm Flint





Managing Time and priorities – Two-week course

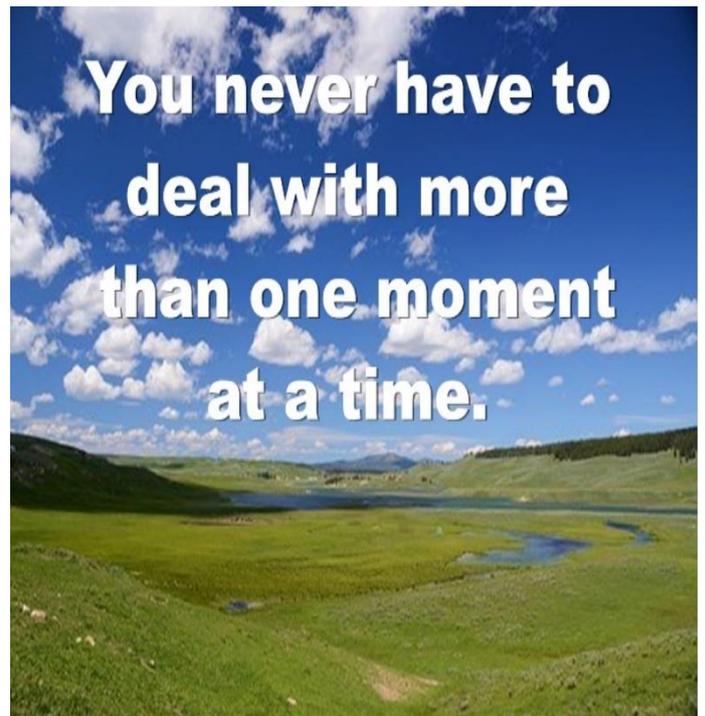
We manage time all day every day, but do we do this effectively or do we get stressed about not having enough time? This session will help you to recognise your existing skills and introduce new ones to help you manage your time and priorities better.

Wednesday 8th & 15th June 2022
1.30pm-3pm Flint

An introduction to Mindfulness – Two-week course

A relaxing and practical session that will introduce you to what mindfulness is and how you can use it to keep yourself centred in stressful situations. When you practice mindfulness, it can help you to stay focused, sleep better and quieten worry. What's not good about that?

Wednesday 22nd June & 13th July 2022
1.30pm-3pm Flint





Setting personal goals -

Two-week course

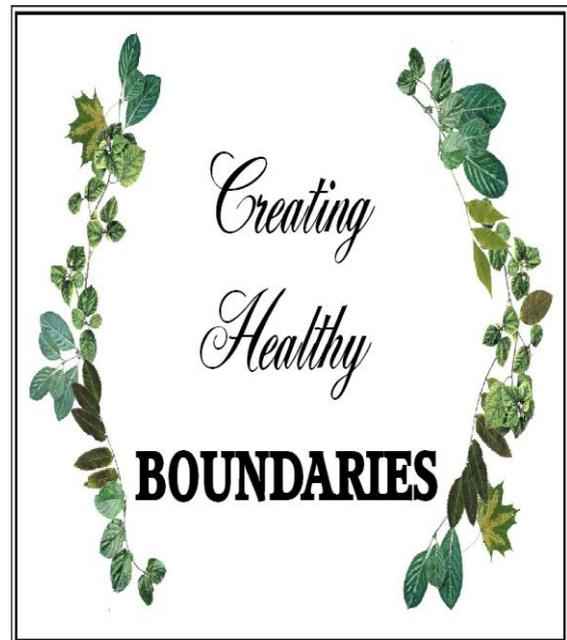
Ever wondered how you can make your plans and goals work more effectively and how you can stick to them? Looking at the big and small picture can help us on our journey to setting goals. This session will show you what tools there are around to help us do this.

**Wednesday 20th & 27th July 2022 1.30pm-3pm
Flint**

SAFE Personal Boundaries – Two-week course

Having personal boundaries can be difficult. We naturally want to please people and we don't like to say no when asked for help. However, having **SAFE** personal boundaries is important to maintain good Mental Health. Why not come along and find out what your boundaries are?

**Wednesday 3rd & 10th August 2022 1.30pm-3pm
Flint**





Relabel your life – One-week course

We move towards what we feel we deserve. If we want a great life, our thoughts and how we see ourselves drive this. If we have negative views or labels about us then these need to be removed and replaced with positive labels. Learn how to re-label your life.

Wednesday 17th August 2022
1.30pm-3pm Flint