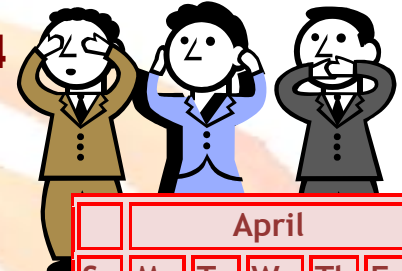


CoolTan Arts believes mental wellbeing is enhanced by the power of creativity

SELF-ADVOCACY SKILLS TRAINING - APRIL 2014

ALL SESSIONS ARE FREE



- 1st** Managing your Anxiety (Part 2) 1am-1pm
- 8th** Meditation & Mindfulness for Wellbeing 1am-1pm
- 10th** NSUN with Sarah Yiannoullou 2pm-4pm
- 15th** Assertiveness Skills 11am-1pm
- 17th** Peer-Mentoring Training & Employment Opportunities by Michael Hegarty from Employment Academy 2pm-4pm
- 22nd** Guest Speaker (watch this space!) 11am-1pm
- 29th** Why train in Self Advocacy? What are the Benefits? 2pm-4pm

April						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

(Check website for possible additional training dates and changes to schedule!)



LOTTERY FUNDED



FUNDED BY COMIC RELIEF

We are proud to have as Patrons: Maggi Hambling, Ali Smith, Clare Allan, Rosemary Shrager.

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SELF ADVOCACY

1st Managing your Anxiety (Part 2) 11am-1pm

Anxiety is something that affects all of us, some more than others. Come to learn ideas for how to live with anxiety and how to challenge your anxious thoughts. You don't have to have attended part 1 of this session last month to attend. Everyone is welcome.

8th Meditation and Mindfulness for Wellbeing 11am-1pm

Mindfulness and meditation is a positive mind-body approach to well-being that can help you change the way you think. Whether you want to learn new techniques for coping with stress, anxiety, depression or improve your concentration, energy levels and enjoyment of life, mindfulness can be a very valuable tool. This class will help you get started.

10th NSUN with Sarah Yiannoullou 2pm-4pm

NSUN is an independent, service-user-led charity that connects people with mental health issues. It aims to inform and influence mental health policy makers and service providers. It also provides information, networking opportunities and promotes self-management and peer-to-peer support. Sarah will be letting you know more about the organisation and how you can join in.

15th Assertiveness Skills 11am-1pm

Assertiveness is often wrongly confused with aggression. This session will look at how to be neither passive nor aggressive, so you can say what you really need to say. We will help you think about how to develop your communication skills so you can articulate yourself in a more balanced way.

17th Peer-Mentoring Training, Mentor Opportunities & Employment Activities with Michael Hegarty of Employment Academy 2pm-4pm

The Employment Academy (EA) has helped thousands of unemployed and financially disadvantaged people find work. Martin Hegarty from the EA's Employment & Resettlement Team will be here to talk about what is available to you and how you can improve your employment prospects.

22nd Guest Speaker 11am-1pm

Watch this space! Check the website for info or simply turn up and be surprised. Past talks have included how to save on energy bills, campaigning, and understanding the Mental Health Act.

29th Why train in Self Advocacy? What are the Benefits? 2pm-4pm

For people who are new to SA

CoolTan Arts believes mental wellbeing is enhanced by the power of creativity

Self Advocacy Training is for anyone experiencing forms of mental distress and would like to develop self confidence, assertiveness skills, awareness and knowledge about services available to them, including debt management, housing benefits and the Mental Health Act. This is an introduction to what you can expect from attending SA training.

