

MENTAL HEALTH AWARENESS ISSUES

In order to meet the needs of serving our local community, a series of three awareness talks on mental health issues have been arranged for:

Saturday 29th November, 6th December, and 13th December. 10am – 12 noon.

These will be led by Penny Pointon, a Christian Councillor, who has a great deal of experience working for this field.

- SESSION 1. Basic Helping Skills – some theory of what people need including listening/attending skills practice.*
- SESSION 2. Basic mental health/drugs and alcohol awareness.*
- SESSION 3. Dealing with difficult situations, keeping yourself safe, diffusing anger.*

If you would like to gain more knowledge in this area, please complete the slip below and return it to Janet Blades or Janet Cowood as soon as possible.

Penny will deliver the course to a maximum of twenty people so priority will be given on a *“first come first served”* basis. If there is a large demand for these sessions, another session may be arranged.

Return slip

MENTAL HEALTH AWARENESS

I would like to book a place on the course.

NAME:

TEL NO:

I would be interested in doing the course at a later date if necessary [please delete if appropriate]

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