

Life Skills Course Schedule 2016



MORE COURSES COMING SOON

Hertford	Stevenage	Welwyn Garden City	St Albans
Coping with Stress Thurs 14 January - Thurs 18 February	Assertiveness Tues 19 January – Tues 23 February	Self-Esteem Tues 19 January – Tues 23 February	Anxiety Mon 11 January – Mon 15 February
Loss and Change Thurs 3 March – Thurs 7 April	Coping with Stress Tues 1 March – Tues 5 April	Assertiveness Tues 1 March – Tues 5 April	Self-Esteem Mon 29 February – Mon 11 April
Anger Management Thurs 21 April – Thurs 26 May	Loss and Change Tues 19 April – Tues 24 May	Coping with Stress Tues 19 April – Tues 24 May	Assertiveness Mon 18 April – Mon 6 June
Depression Thurs 9 June – Thurs 14 July	Anger Management Tues 7 June – Tues 12 July	Loss and Change Tues 7 June – Tues 12 July	Coping with Stress Mon 13 June – Mon 18 July
Anxiety Thurs 28 July – Thurs 1 September	Depression Tues 26 July – Tues 30 August	Anger Management Tues 26 July – Tues 30 August	Loss and Change Mon 25 July – Mon 5 September
Self-Esteem Thurs 15 September – Thurs 20 October	Anxiety Tues 13 September – Tues 18 October	Depression Tues 13 September – Tues 18 October	Anger Management Mon 12 September – Mon 17 October
Assertiveness Thurs 3 November – Thurs 8 December	Self-Esteem Tues 1 November – Tues 6 December	Anxiety Tues 1 November – Tues 6 December	Depression Mon 31 October – Mon 5 December

We are aiming to run more than one course each week at our centres, and the course offered will be based on service user choice. Please complete an 'expression of interest' form available at reception, in order that we may tailor our extra courses to your needs.