



## DISCOVERING GOOD MENTAL HEALTH

Do you have difficulty with your mental health?

Would you like to explore ways to manage your mental health?

### What will I learn?

Having a mental health problem doesn't have to prevent you from living a fulfilled life. Recovery is possible and through this course we will discover some useful tools, explore your own recovery journey, gain greater confidence and connect with like minded people.

### What the course covers:

- ✓ Recovery Tools, Self Management resources & goal setting
- ✓ Wellness Recovery Action Plan & 5 Ways to Wellbeing
- ✓ Life Mapping – exploring your experiences and journey
- ✓ Good communication skills

Course runs over 6 afternoon sessions Tuesdays & Fridays in Bristol

(1.00pm-4.30pm): Module One: 7<sup>th</sup>, 10<sup>th</sup> & 14<sup>th</sup> March 2017

Module Two: 21<sup>st</sup>, 24<sup>th</sup> & 28<sup>th</sup> March 2017

*“This course really helped me learn about myself and mental health”*

*“My confidence has increased and I am able to state my needs at work regarding mental health”*

For further information please contact Second Step Recovery College on 0117 9145498 or email us at [recovery.college@second-step.co.uk](mailto:recovery.college@second-step.co.uk)



## PEER SUPPORT TRAINING COURSE

A peer worker is someone who uses their personal experience of mental health /homelessness/drugs or alcohol misuse to support others.

Could you use your recovery to inspire hope and support others?

Would you like to work towards volunteering or employment in the social care sector?

What will I learn?

The course aims to help you develop your skills and knowledge of the peer supporter and provides the foundation for applying for volunteer and paid work within peer support roles.

What the course covers:

- ✓ Self Management
- ✓ Peer Support Principles
- ✓ Self Disclosure
- ✓ Completing Applications
- ✓ Communication Skills
- ✓ Recovery Theory
- ✓ Professional Boundaries
- ✓ Interview Practice

This is a 6 days course starting in Bristol on:

- Tuesday 7<sup>th</sup> & Wednesday 8<sup>th</sup> February 2017
- Tuesday 14<sup>th</sup> & Wednesday 15<sup>th</sup> February 2017
- Tuesday 21<sup>st</sup> & Wednesday 22<sup>nd</sup> February 2017

*“This course changed my life”*

*“Best training course I have ever done”*

*“I have enjoyed learning with individuals that I can identify with, in a wonderful learning environment”*

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