

(Free weekend workshops focusing on difficulties in feelings & relationships) **Fri, 6.30 – 8.30pm, & Sat & Sun 9.30am – 5.00pm.**

**Level 1; Relationships and Anger Management.**

**24th , 25th & 26th April 2020.**

Do you find Anger & adrenalin showing itself in your relationships? Is this bringing out results that you do not desire? This level allows us to look into frustrations we feel in ourselves during difficult times in our relationships and learn how to manage. ... **PLACES FOR THIS EVENT MUST BE BOOKED. SPACES ARE LIMITED, SO BOOK A.S.A.P**...

**Level 2; Anxiety, Fears and Developing Coping Strategies.**

**29th, 30th & 31st May 2020.**

**Is the anxiety in your life powerful? Is it hindering potentials? Are you finding panic and fears in almost all you’re doing? On this level you will learn how and why this happens, and how to develop coping skills for future benefits.**

... **PLACES FOR THIS EVENT MUST BE BOOKED. SPACES ARE LIMITED, SO BOOK A.S.A.P**...

**Level 3; Overcoming Isolation and Loneliness by Building Resilience.**

**26th , 27th & 28th June 2020.**

Are adult experiences in life still not feeling right? Could something be blocking your growth in relationships with self and others? Does this frustration lead to isolating yourself and loneliness? On level 3 we look at recognising new change, esteem and building resilience. **...PLACES FOR THIS EVENT MUST BE BOOKED. SPACES ARE LIMITED, SO BOOK A.S.A.P...**

**Contact & bookings..** [**activities@yorkmind.org.uk**](mailto:activities@yorkmind.org.uk) **Venue** Highcliffe House

Tel:  **01904 643364** and select option **5** Highcliffe Court

**Or by our Website [www.sunshinechanginglanes.com](http://www.sunshinechanginglanes.com)**  Clifton, York.

YO30 6BP

**We wish to thank the city of York Council for the funding. York Mind for providing the venue and Primary Care Mental Health for working in collaboration by “Helping us to Help Others.”**

