



**(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.**

**28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> June 2019.**

**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.**

**26<sup>th</sup> 27<sup>th</sup> & 28<sup>th</sup> July 2019.**

**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.**

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

**30<sup>th</sup> 31<sup>st</sup> Aug & 1<sup>st</sup> Sept 2019.**

**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.**

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**Venue** Highcliffe House  
Highcliffe Court  
Clifton, York.  
YO30 6BP

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Primary Care Mental Health

