

Wellness & Recovery Workshops

The Wellness and Recovery Workshops are for people who are struggling with their mental health and are ready to start their recovery journey.

Through these workshops we aim to assist individuals to develop an effective action plan which will aid their wellbeing and support them through life's day to day challenges.

Our next workshops start **Monday 27th February 13:00-15:00**
From The Hub in Grange Park, (entrance to park off Mitton Drive)
Ribbleton, Preston PR2 6QW.

For more information please find us on Eventbrite by searching for Wellness & Recovery Workshops, emailing: cad@lscft.nhs.uk or calling our team on: 01772 520857.

Workshops take place over 6 sessions. *Spaces are limited so please ensure you can make all dates before booking your place.*

27th February, 13:00-15:00: Session 1: What do we mean by recovery?

6th March, 13:00-15:00: Session 2: Learning from our experiences

13th March, 13:00-15:00: Session 3: Perspective and Early Warning Signs

20th March, 13:00-15:00: Session 4: Emotions and Triggers

27th March, 13:00-15:00: Session 5: Coping Strategies' and Support Networks

3rd April, 13:00-15:00: Session 6: Self- advocacy and Hope

We are
LSCft