

Its time to break the silence around mental health

Stepping Stones

Ulverscroft Manor,
Priory Lane,
Ulverscroft,
Leicestershire
LE67 9PH



**Shuttlewood
Clarke
Foundation**

To coping and recovery from anxiety and depression

Every first and third Friday of the month

Session Details for 2020

Date	Stepping Stones Workshop	Tutor
January 3rd	Starting the New Year Mindfully	Kate Jackson
January 17th	Understanding fight/flight/freeze in anxiety	Shelley Smith
February 7th	Improving your sleep	Kate Jackson
February 21st	Self-esteem & self-confidence	Shelley Smith
March 6th	Negative thinking styles	Shelley Smith
March 20th	Practicing kindness & self-compassion	Kate Jackson
April 3rd	Happiness	Shelley Smith
April 17th	Solution-focused thinking and planning	Kate Jackson

10.00am - 10.30am - Tea and talk
10.30am - 11.30am - workshop activity
11.30am - 12noon - Tea and talk
12noon - Social time
Refreshments available to purchase

Telephone Kathleen Wass on 07860 639693 for session bookings. Pre booking of workshops is advisable as places are limited. Workshops are charged at £3.00 pre booked and pre paid - otherwise £4.00 payable on the day. If you are unable to meet these costs but would benefit from attending please call Kathleen or Louise on 01530 244914

'Supporting the elderly, adults with disabilities and young people through wellbeing activities, outdoor education and inspiring support services'

Stepping stones is subsidised by Leicestershire Adults Schools Union (LASU)