

The courses that we offer are:



▪ **Welcome to Connect Recovery College - 2 weeks**

This course will give you an introduction to the recovery college, how it works and how you get enrolled on courses. We will also explore what personal recovery is and a few techniques to help you on your journey with us.

▪ **Stressbusting - 5 weeks**

This course will help you not only to identify stress but also how to manage it on a daily basis.

▪ **Confidence Building and Positive Thinking - 5 weeks**

This course will help you to explore and develop confidence as well as how to think more positively in life.

▪ **Managing Depression and Anxiety - 5 weeks**

This course will explore what Depression and Anxiety is and also how these conditions can be managed.

▪ **Mindful Relaxation - 5 weeks**

This course will introduce you to Mindfulness as a way of relaxing as well as exploring other ways to relax in daily life.

▪ **Developing Assertiveness - 5 weeks**

This course will teach you how you can be more assertive and also how to manage any strong emotions you regularly feel.

▪ **Improving Your Mood with Sleep and Food - 5 weeks**

This course will explore your relationship with sleep and food and teach you healthy ways to improve this relationship.

▪ **Branching out - 1 week**

This course is for anyone who has completed their journey with us and wants to know more about what opportunities are out there for them in the community. We will also give learners tips on managing their day now they have completed their courses.

If you would like more information about enrolling onto any of our courses please contact **01642 217399** and ask to speak to a Connect staff member or email info@middlesbroughandstocktonmind.org.uk. www.middlesbroughandstocktonmind.org.uk