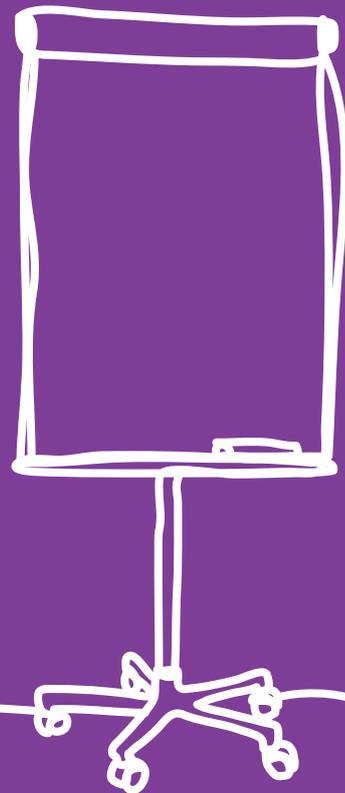




Mental Health Training & Courses
for Professional or Personal Development



About us

Maidstone and Mid-Kent Mind (MMKM) was founded in 1969 and has provided advice, support, activities and services to people with mental and emotional health problems. We encourage, promote and facilitate engagement in the community, supporting local people to live well. We also provide specialist services that include: Training, Volunteering, Children and Young People's Support, and Partnership Working.

We have a proven track record of developing and delivering contracts and programmes that can play a vital role in strengthening the social and economic wellbeing of individuals and communities throughout Mid-Kent.



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Please note that many of our courses are available to book individual places, however these open access courses are subject to postponement or cancellation unless we meet our minimum number of 6 participants.



Coping With Life (CWL)

Coping With Life is a 5 week course of 2 hour sessions to help people develop coping strategies for dealing with mental health problems that are affecting their day to day life.

This course utilises Cognitive Behavioural Coaching techniques and self-analysis exercises to enable participants to:

Manage Anxiety by understanding what anxiety is and how it is triggered, learning skills to help lower anxiety and deal with fight or flight situations effectively.

Manage Depression by understanding the thoughts, feelings and behaviours that create depression, develop skills to help change this cycle and learn to use coping tools to deal with times when they feel low.

Manage Stress by identifying the causes and effects of stress and learn practical skills to help manage and reduce stress more effectively.

Costs are £75.00 per person, or to book delivery of an entire course for up to 15 people is £775, plus instructor travel costs (discounts are available for multiple bookings).



Coping with Anxiety & Stress

Coping with Anxiety & Stress is a 5 week, group based programme that helps people develop an understanding and coping strategies for stress and anxiety.

This course promotes the use of cognitive coaching, self-awareness and self-reflection in managing stress and anxiety in life. Participants are helped to identify triggers and coping mechanisms so that they can maximise their own self-management techniques for both improving and maintaining mental health and wellbeing.

Participants will learn to identify the causes and effects of stress and anxiety, learn practical skills to help them manage this and identify ways of reducing stress and anxiety levels before this can become entrenched or evolve into depression.

The course includes participation in peer support group activities and exercises based around self-esteem and confidence that will build a greater understanding of stress and how it contributes to anxiety. Participants will also learn alternative methods for helping to manage and reduce stress and to control anxieties to reduce the impact on day to day life.

Costs are £75 per person, or to book delivery of an entire course for up to 15 people is £775, plus instructor travel costs (discounts are available for multiple bookings).

Coping with Depression

Coping with Depression is a 5 week, group based programme that helps clients develop an understanding and coping strategies for depression.

Participants are initially provided with information and activities that help them understand the thoughts, feelings and behaviour that can create depression. They will learn about all the associated aspects of depression, including:

- Causation
- Prevalence
- Signs of development
- Variance by individual
- Progression of severity

Participants undertake group work and exercises that look at identifying the causes of their own depression and how this can be positively managed, with the aim of working towards a sustained recovery. They will also develop skills that will help them to change their emotional cycle, learning how to effectively use a range of cognitive coping tools and mechanisms to deal with times when they are feeling low.

Costs are £75 per person, or to book delivery of an entire course for up to 15 people is £775, plus instructor travel costs (discounts are available for multiple bookings).



Confidence and Self-Esteem Improvement

Confidence and Self-Esteem Improvement is a 4 week course for 3 hours a week that works with groups of people that lack self-confidence to look at their self-image and better understand why they lack esteem.

Using Cognitive Behavioural Coaching, self-reflective work, confidence and esteem exercises, peer support and wellbeing team building exercises this course provides participants with:

- Wider understanding of mental health and wellbeing
- Greater understanding of the deeper issues that create poor self-image
- Strategies to cope with underlying issues in an alternative and healthier manner
- Resources for analysing positive factors about themselves
- Encouragement of open discussion and peer support
- Creative fun and skills tuition

Costs are £850 per course for up to 12 people, plus instructor travel costs (discounts are available for multiple bookings).





Self-Harm Prevention

Self-Harm Prevention is a 4 week course for 3 hours a week that works with groups of people at risk of self-harming to provide information and support about self-harm and introduce alternative ways of managing it.

Making use of Cognitive Behavioural Coaching, self-analysis work, confidence exercises, peer support and alternative coping mechanisms this course provides participants with:

- Understanding of what self-harm is and why it occurs
- Greater understanding of the deeper issues that lead to self-harm
- Strategies to cope with underlying issues in an alternative and healthier manner
- Resources for monitoring moods and identifying 'triggers' for self-harm
- Distraction techniques for urges
- Encouragement of open discussion and peer support
- Creative fun and skills tuition

Costs are £850 per course for up to 12 people, plus instructor travel costs (discounts are available for multiple bookings).





Suicide Prevention

Suicide Prevention is a 4 week course for 3 hours a week that works with groups of people at risk of suicide to provide information and support and introduce alternative ways of managing their emotional distress and feelings of helplessness.

Making use of Cognitive Behavioural Coaching, self-reflective work, confidence and esteem exercises, peer support and coping mechanisms, this course provides participants with:

- Prevalence of suicidal ideation
- Understanding of what suicide is and why it occurs
- Greater understanding of the deeper issues that lead to suicide
- Strategies to cope with underlying issues in an alternative and healthier manner
- Resources for monitoring moods and identifying 'triggers' for suicidal thoughts
- Encouragement of open discussion and peer support
- Creative fun and skills tuition

Costs are £850 per course for up to 12 people, plus instructor travel costs (discounts are available for multiple bookings).





Post Natal Support

The Post Natal Support course is a 6 week programme of 2 hour sessions that helps new mums that are experiencing low mental health better understand their condition and work towards recovery of their wellbeing.

This course uses a mixture of peer support group work, self-reflection techniques and Cognitive Behavioural Coaching to build coping techniques. This course will enable participants to:

- Raise awareness of their own feelings following the birth of baby
- Have the chance to discuss how things are both positive and negative without fear of being judged
- Explore topics that the group raise as being present or relevant:
e.g. guilt, social networks, how it feels to be a Mum
- Build on options to maintain wellbeing, and discuss how to move forward with their ideas and plans for the future
- Produce a support plan with peer networks

Costs are £850 per course for up to 12 people, plus instructor travel costs (discounts are available for multiple bookings).

Anger Management

Anger Management is a 6 week course for 1.5 hours per session, specifically designed for people that may have issues controlling their emotions and want to reduce the levels of anger and hostility that they display.

This course is available to anyone aged over 16 years old, as long as they do not present too high a risk for the other participants.

Utilising Cognitive Behavioural Coaching, peer interaction support, self-discovery exercises and task setting, this course enables participants to:

- Explore anger in its broadest context and improve awareness
- Understand anger and how it can affect people, introducing theory around thoughts, feelings and behaviours, encouraging participants to explore their own emotions
- Learn about different cognitive styles and how these can have an impact upon life
- Learn different techniques to improve relaxation
- Understand emotional responses and how these can be better managed
- Understand stress and the role it plays in negative emotional responses
- Explore life-long coping strategies to maintain wellbeing

Costs are £75 per person. Or to book delivery of an entire course for up to 15 people is £775, plus instructor travel expenses (discounts are available for multiple bookings).





Recovery Action Plan

The Recovery Action Plan (RAP) has been designed to allow individuals to take a holistic look at their life and identify areas where they can take action to help their wellbeing.

Participants complete 6-12 weekly sessions that help them take steps to improve their wellbeing, and with the support of a Wellbeing Worker set realistic, timely goals in identified areas of need.

The Recovery Action Plan consists of the ten following areas:

- Managing Mental Health • Life Skills
- Physical Health and Self-care • Relationships
- Social Networks • Aspirations • Responsibilities
- Addictive / Challenging Behaviour • Identity & Self-esteem

We also have variants of the RAP available that are designed for specific needs:

- Youth RAP
- Pre-teen RAP
- SEMH RAP

Costs are £120 per person for a 6 week set of RAP support. For a full day provision (up to 6 clients) costs are £650, plus Wellbeing Worker travel costs.



Work and Wellbeing (WWB) Full Course

The WWB full course is a 12 week programme that starts with delivery of just 3 hours per week increasing to 10 hours per week. WWB has been designed to help people manage their mental health issues and progress towards being ready for employment.

The programme employs Psycho-education sessions, alternated with team building sessions to explore mental health issues and build an individual's resilience so that they are better equipped to undertake the search for employment. Two weeks of the programme focuses completely on improving work skills including:

- CV writing
- Job searches
- Online profiles
- Self-promotion
- Application completion and scoring
- Presentation skills
- Interview practice

Throughout the programme participants are also provided with 6 weekly Recovery Action Plan sessions where they will work on a 1-to-1 basis to set self-improvement targets around 10 areas of their lives.

Costs are £3850 per course for up to 14 people, plus instructor travel costs (discounts are available for multiple bookings).

Work and Wellbeing (WWB) Lite Course

The WWB Lite course is a 6 week programme that consists of 13 sessions of 2.5 hours each that helps people to overcome their mental health issues and become ready for a return to work programme.

The programme employs Cognitive Behavioural Coaching sessions, alternated with team building sessions to explore mental health issues and build an individual's resilience so that they are better equipped to undertake the search for employment. Three sessions of the programme also focus on improving work skills including:

- CV writing
- Job searches
- Application completion and scoring
- Interview and presentation skills

Participants are also provided with 4 Recovery Action Plan sessions where they will work on a 1-to-1 basis to set self-improvement targets around 10 areas of their lives.

Costs are £2350 per course for up to 14 people, plus instructor travel costs (discounts are available for multiple bookings).





Finance Capabilities Course (FCC)

The FCC is a 5 week programme of 2 hour sessions that helps people to overcome their mental health issues and build the confidence and skills to better manage their money and deal with any debts they may have.

The course uses a mixture of peer group work and individual 1-to-1 support to help participants understand the underlying reasons they struggle with financial independence and help them learn new techniques to improve their money management skills.

The course will enable participants to:

- Explore the wider issues of mental health and how it affects decision making
- Understand the use of spending money as a poor coping mechanism
- Learn new budgeting and planning techniques
- Become aware of better financial deals available to them
- Deal with any historic debt management problems
- Become financially responsible and resilient

Costs are £775 per course for up to 12 people, plus instructor travel costs (discounts are available for multiple bookings).

Mental Health First Aid (MHFA)



An internationally recognised 2 day accredited training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

The Standard MHFA training can be attended by adults aged 16 upwards and is relevant for the general population. Everyone on the course is taught a set of skills which enables them to support someone experiencing mental health issues. This training has been designed to fit into four manageable chunks:

- What is Mental Health
- Suicide and Depression
- Anxiety, Eating Disorders, and Self-Harm
- Psychosis

The course will give a deeper understanding of the issues that impact on and relate to people's mental health and teach practical skills that can be used every day, including being able to spot the signs and symptoms of mental health. It also raises mental health awareness and reduces stigma around mental ill health by boosting knowledge and confidence in dealing with mental health issues.

All participants completing the course receive a certificate, MHFA information manual and MHFA workbook.

Costs are subsidised by MMKM at £220 per person (usually £300), or book an entire course for up to 15 people for £1999, plus instructor travel expenses.



Mental Health First Aid (MHFA) Lite



MHFA Lite is a 3 hour introductory mental health awareness course that will help equip you in this area. The aims and objectives of the course include enabling participants to:

- Gain a wider understanding of some issues surrounding mental health
- Gain a greater understanding of how mental health affects businesses
- Work more effectively with people experiencing mental health problems

By the end of the course participants will be able to:

- Identify the discrimination surrounding mental health problems
- Define mental health & some mental health problems
- Relate to people's experiences
- Help support people with mental health problems
- Begin developing a business case for promoting positive mental health in the workplace
- Look after their own mental health

The course also introduces ALGEE - a unique memory tool for mental health first aid.

All participants receive a certificate of attendance and MHFA manual.

Costs are subsidised by MMKM at £50 per person (usually £75), or book an entire course for up to 20 people for £700, plus instructor travel expenses.

Mental Health First Aid (MHFA) Youth



An internationally recognised 2 day accredited training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Youth MHFA Two Day provides a more in depth understanding of specific mental health issues and is delivered in four manageable chunks:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

How will attending a Youth MHFA Lite course help? The course will:

- Explore the issues around young people's mental health and how to relate to them
- Help you to support young people who may be experiencing mental health issues

The courses will increase awareness around young people's mental health and develop practical skills to identify a range of mental health issues and support a young person to get the help they need. Research and evaluation shows that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Look after their own mental health
- Promotes early intervention which enables recovery

Costs are subsidised by MMKM at £220 per person (usually £300), or book an entire course for up to 15 people for £1999, plus instructor travel expenses.

Mental Health First Aid (MHFA) Youth Lite



Youth Mental Health First Aid (MHFA) Lite is a 3 hour introductory course designed to raise awareness of young people's mental health and the issues that can affect this age group. The training can be attended by anyone from 16 upwards and is relevant for people who teach, work, live with and care for 8 to 18 year olds, including young people themselves.

How will attending a Youth MHFA Lite course help?

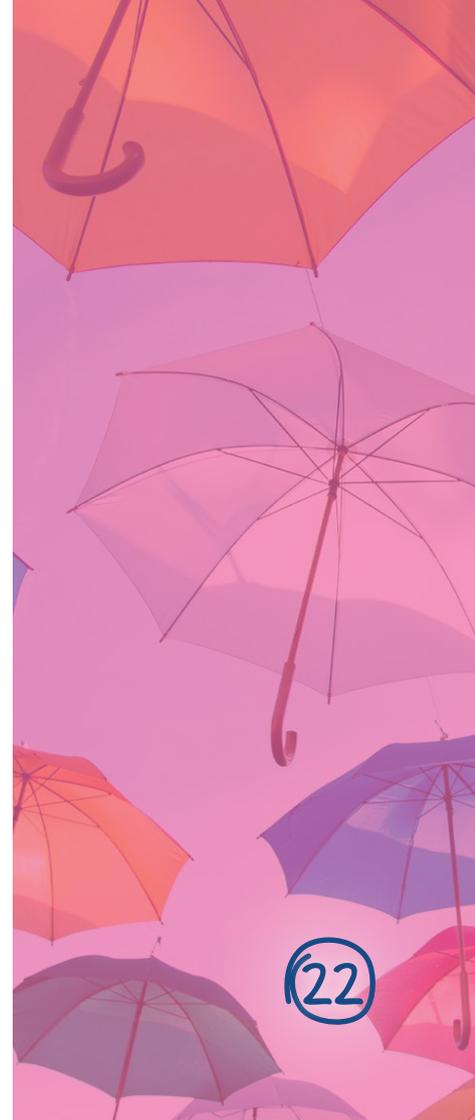
The course will:

- Explore the issues around young people's mental health and how to relate to them
- Help you to support young people who may be experiencing mental health issues

Research and evaluation also shows that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

Costs are subsidised by MMKM at £50 per person (usually £75), or book an entire course for up to 20 people for £700, plus instructor travel expenses.





Mental Health Awareness (MHA)

MHA is a 3 hour training session for up to 30 people that is broken down into three distinct elements of learning that are customisable to meet your needs.

The first half of the training session focuses on element 1, covering the topics of:

- What is Mental Health and how prevalent are problems
- What is stress, anxiety and depression
- What do signs of anxiety and depression look like and how can we help

2 additional elements are chosen from the menu below which make up the second half of the training session:

- Psychosis and Bi-Polar disorders
- Eating Disorders and Self-Harm
- Suicide
- Mental health of young people
- Mental health and wellbeing

Costs are £350 per session or two back to back sessions in 1 day for £600, plus instructor travel expenses (discounts are available for multiple bookings).

Bespoke course design is available for an additional £75 fee.

We are also happy to design a bespoke delivery to meet your time constraints, prices available on request.

You and Your Wellbeing

You and Your Wellbeing is a 5 week course for 2.5 hrs per session delivered to up to 15 people that looks at the life factors that can affect a person's wellbeing and how prolonged negative wellbeing can progress into mental health issues. The aims and objectives of the course include enabling participants to:

- Understand the causes of stress and how it impacts upon us
- Identify negative and positive coping mechanisms
- Gain knowledge about the Six Ways to Wellbeing
- Identify their own 'triggers' and 'protective factors'
- Understand 'emotional snapping'

This course also introduces the concept of the happiness hour and how to better manage our own mental health and wellbeing. The course will provide a deeper understanding of the issues that impact on and relate to people's wellbeing and teach practical skills that can be used every day to maintain positive mental health.

Costs are £75.00 per person, or to book delivery of an entire course for up to 15 people is £775, plus instructor travel costs (discounts are available for multiple bookings).



Restorative Justice 4 Schools



Restorative Justice 4 Schools are a leading specialist in restorative approaches (practices) which help to create a learning environment where pupils are able to self-regulate their own behaviour and have been found to be very effective when implemented as a whole school approach.

Restorative Approaches are based on four key features:

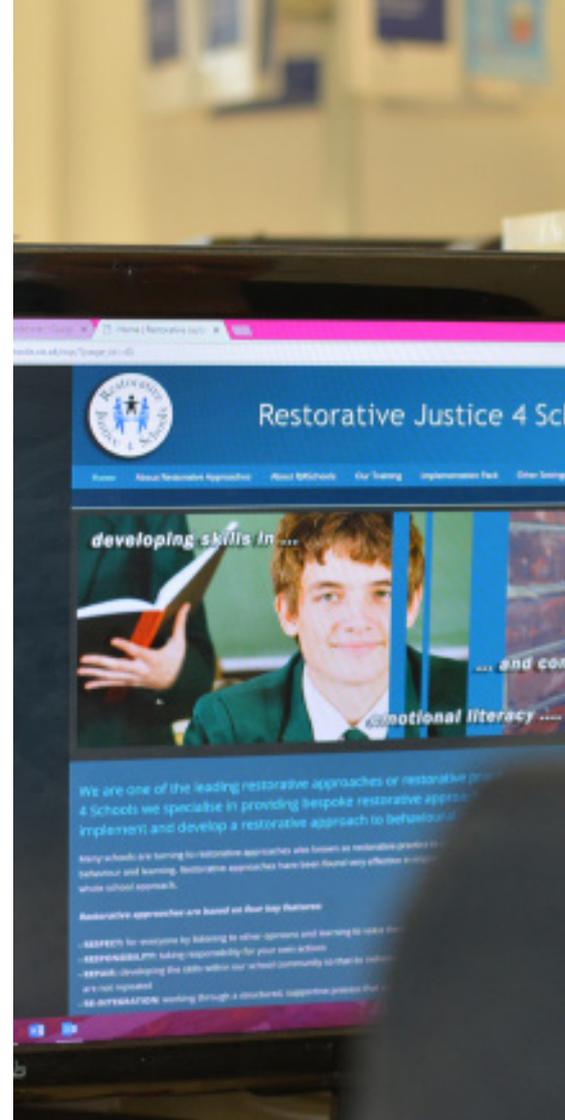
RESPECT: For everyone by listening to other opinions and learning to value them.

RESPONSIBILITY: Taking responsibility for your own actions.

REPAIR: Developing the skills within a school community so that individual members have the skills to identify solutions that repair harm and ensure behaviours are not repeated.

RE-INTEGRATION: Working through a structured, supportive process that aims to solve the problem and allows young people to remain in mainstream education.

We have a range of Restorative Approaches training on offer to meet your needs (see pages 26-30).



RJ4S - Introductory Workshop/Twilight Sessions

A two-hour presentation with handouts held at your school or alternate venue. The sessions can be delivered to staff, pupils, parents or governors and provide a basic introduction to restorative approaches, with bespoke modifications available for the particular needs of your school.

The workshop looks at how a school can:

- Begin the process of becoming a restorative setting
- Look at why restorative approaches are so effective in reducing exclusions
- Look at why it helps in reducing bullying
- Discuss how it assists in raising standards of behaviour

Event with up to 12 delegates costs £350 or a large group 12-24 is £450, plus instructor travel expenses.



RJ4S - 1/2 Day Basic Introduction

A half day introductory presentation with handouts that gives a chance to explore the challenges of implementing a new programme and philosophy in a sustainable way within your school community. These sessions can be modified for the particular needs of your school and can be suitable for whole school training.

- We begin to explore the principals of Restorative Justice and restorative approaches; how they work, what they are and what they can do to help schools become safer, happier and more productive place to learn.
- The presentation looks at how a school can develop and implement the process of becoming restorative.
- Time is spent on how to identify situations suitable for restorative approaches and why restorative approaches are so effective in reducing exclusions, reducing bullying and raising standards of behaviour.

Training event costs £450, plus instructor travel expenses.





RJS - 1 Day Workshop

A full day introduction presentation with handouts for restorative approaches that gives a greater opportunity to explore the challenges of implementing restorative approaches in a sustainable way within your school community. These sessions can be modified for the particular needs of your school and can be suitable for whole school training.

- We look at the principles of Restorative Justice and restorative approaches; how they work, what they are and what they can do to help schools become safer, happier and more productive place to learn.
- The presentation looks at how a school can develop and implement the process of becoming restorative. Specimen action plans for the implementation of RJ into a school can be considered if useful.
- Time is spent on how to identify situations suitable for restorative approaches and why restorative approaches are so effective in reducing exclusions, reducing bullying and raising standards of behaviour

Event with up to 12 delegates costs £500 or large group 12-24 £900, plus instructor travel expenses.



RJ4S - 1 Day Peer Facilitation/Mentoring Development

We offer a range of peer training for pupils from both primary and secondary schools so they can use the principals of peer mentoring within a restorative approach. We provide the full training package, peer mentor handbooks and all the necessary training materials including;

- Playground Mentors – to support lonely pupils in the playground
- Study Peer Mentors – to support other pupils with organisation and study skills
- Listening Peer Mentors – offering other pupils a listening ear and trained to signpost on for support.
- Restorative Peer Facilitators/Mentors – pupils trained in restorative approaches to help others involved in conflict within the school

1-day event with up to 25 peer mentors costs £500 or 2 x Half days costs £700, plus instructor travel expenses.

RJ4S - 1 Day Peer Facilitation/Mentoring Development Training for Trainers

Offering your staff the opportunity to train to deliver our Peer Facilitation/Mentoring Program directly to their pupils, we supply all the original content and training materials so you can deliver the program year after year with your own school environment.

To come to you and deliver costs £500, plus instructor travel expenses.



RJ4S - 3 Day Restorative Justice Conference Facilitator Training

This course will enable the delegate to gain a broad understanding of basic restorative approaches and how they can help your school or setting to manage conflict. We do this by examining the underlying philosophies and practices of restorative approaches. We teach how to plan, prepare, chair, follow up and evaluate a restorative justice conference by way of active learning and skills practice.

Course content includes:

- Restorative approaches - what, why and how?
- Doing the right thing
- Conference process
- Seeing things from the other side
- Why people do the right thing
- Fair process
- Preparation
- The scripted model
- Implementation in to your setting
- Resources to support your ongoing journey

Event with up to 12 delegates £1,600 or large group 12-24
£3000, plus instructor travel expenses.





Introduction to Counselling Skills with Young People

Building on the Mental Health Awareness training delivered by Mind to school staff, this 6 week certified course (3 hours per week guided learning hours) is intended for pastoral, tutoring, teaching and youth staff who work with young people in various settings and who want to understand and practise how to:

- Create boundaries for a safe helping interaction with young people
- Communicate empathy and understanding with young people
- Improve their listening and responding skills in their work with young people
- Use a range of helping approaches with young people

The course is a non-accredited course and will not train candidates to become a counsellor but will enhance their existing helping practice with young people through the introduction of initial counselling skills and helping approaches.

To receive certification, candidates will be observed practising the relevant skills.

Costs are £120 per person for the 6 week course, plus instructor travel expenses. A maximum of 8 people per course.

Resilient Minds

Resilient Minds is a 1 day course for Parents age 17+ that are experiencing mental health issues and for Parents of children that have mental health issues, Autism or ADHD.

The course has been designed to help Parents manage stress, anxiety and low level depression and to build resilience in preventing these conditions from becoming entrenched negative factors.

The course includes:

- An introduction to the Six Ways to Wellbeing and Mindfulness
- Individual assessments of how stressed and mindful participants are
- The 1 minute mindfulness tool
- The stress bucket
- The happiness hour
- Turning off your auto pilot
- Body Scanning and understanding physical sensations
- The conscious observation tool
- Reconnecting to body and breath
- The mindfulness cues tool
- Strategies to beat your stress

Costs are £500 per course, plus instructor travel expenses.
A maximum of 15 people per course.





Managing Me ASD

Managing Me is a 6 week course, specifically designed and tailored to the needs of young people on the Autistic Spectrum, to learn how to cope with life and focuses on dealing with stress, anxiety, depression and self-image.

Utilising Cognitive Behavioural Coaching Techniques, self-analysis exercises and peer interaction support, the course enables participants to:

- Explore mental health in its broadest context and improve awareness
- Understand anxiety and how it can affect people, introducing theory around thoughts, feelings and behaviours, encouraging participants to explore their own anxiety and how it may trigger 'emotional explosions'
- Learn different techniques to improve relaxation
- Undertake a creative activity for future use to help overcome stress, anxiety and depression
- Understand stress and depression to better identify what causes them, whilst looking at the support networks that they themselves have available to help manage emotional difficulties
- Explore life-long coping strategies to manage stress, anxiety and depression and maintain wellbeing

Costs are £900 per course for up to 15 people, plus instructor travel costs (discounts are available for multiple bookings).

Managing Me

Managing Me is a 6 week course specifically designed for young people to learn how to cope with life; focusing on dealing with stress, anxiety, depression and self-image.

Utilising Cognitive Behavioural Coaching Techniques, self-analysis exercises and peer interaction support, the course enables participants to:

- Explore mental health in its broadest context and improve awareness
- Understand anxiety and how it can affect people, introducing theory around thoughts, feelings and behaviours, encouraging participants to explore their own anxiety
- Learn about different thinking styles and how these can have an impact upon life particularly negative thinking styles
- Learn different techniques to improve relaxation
- Understand stress and depression to better identify what causes both stress and depression whilst looking at the support networks that they themselves have available
- Explore life-long coping strategies to manage stress, anxiety and depression and maintain wellbeing

Costs are £900 per course for up to 15 people, plus instructor travel costs (discounts are available for multiple bookings).





Bounce Back

Bounce Back is a 6 week, youth emotional resilience course for ages 11-18. The course teaches young people how they can combat stress, deal with emotions and reduce anxiety so they can 'bounce back' from the challenges they face in life.

The course includes:

- An introduction to emotional resilience, get to know you games and activities
- Identifying support networks and understanding the importance of having a support network
- Understanding anxiety and how it can impact on you
- Understanding stress and how to tackle it
- The impact of relaxation on wellbeing & de-stress techniques
- Understanding decision making and how to make emotionally intelligent decisions

Costs are £900 per course for up to 15 people, plus instructor travel costs (discounts are available for multiple bookings).

Being Boosted

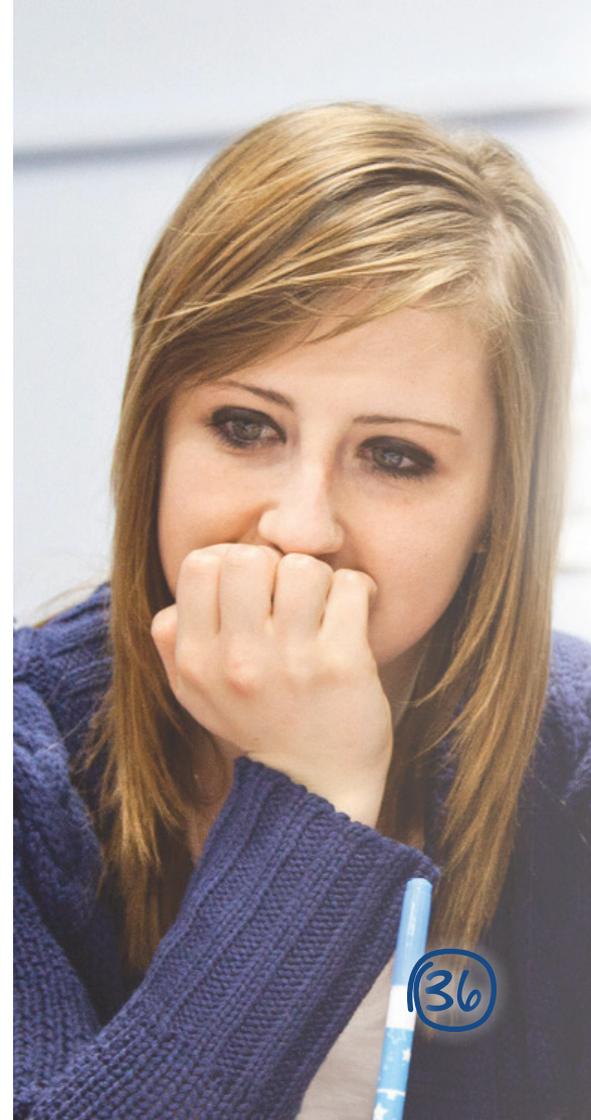
Being Boosted is a six week course for young people aged 10-18 with low self-esteem and confidence to give them a boost and help them feel more comfortable with whom they are.

The course includes:

- Learning how to change negative thoughts to positive thoughts
- Learning the power of positive affirmations
- Learning how to have insight into yourself and your behaviour
- Creative activities and games

Cost per course - £900, plus instructor travel costs.

Participants - 12 per course max.





Taming My Temper

Taming My Temper is a 6 week course dealing with anger management specifically designed for young people that may have issues controlling their emotions and want to reduce the levels of anger and hostility that they display.

This course looks at the causation of negative emotional behaviour and the anger response displayed by people. It then looks at ways to minimize negative emotions and alternative ways to cope and remain calm.

Utilising Cognitive Behavioural Coaching, peer interaction support, self-discovery exercises, relaxation techniques and task setting, the course enables participants to:

- Explore anger in its broadest context and improve awareness.
- Understand anger and how it can affect people, introducing theory around thoughts, feelings and behaviours, encouraging participants to explore their own emotions
- Learn about different cognitive styles and how these can have an impact upon life
- Learn different techniques to improve relaxation
- Understand emotional responses and how these can be better managed
- Understand stress and the role it plays in negative emotional responses
- Explore life-long coping strategies to maintain wellbeing

Costs are £900 per course for up to 15 people, plus instructor travel costs (discounts are available for multiple bookings).

Vulnerable Young Girls

This 6 week course aims to address young girls low self-esteem. Low self-esteem can be the root cause of some mental health problems and can cause a vicious circle. You feel bad about yourself, so you get depressed, which makes you feel even worse about yourself, so you get more depressed and it can be difficult to break that cycle.

Having low self-esteem can affect work, personal relationships and social life so it is important to tackle low self-esteem, to boost positive thinking and positive mental wellbeing.

The course consists of practical activity sessions aimed at addressing low esteem, building confidence, engaging in new activities/interests, reducing social isolation, increasing motivation, making new friends, building trust, expressing feelings as well as improving well-being by getting back into an active lifestyle.

Costs are £75 per person, or to book delivery of an entire course for up to 15 people is £775, plus instructor travel costs (discounts are available for multiple bookings).



Contact us ...

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www.maidstonemind.org



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