



Recovery and Beyond

The 'Recovery & Beyond' package includes 6 separate courses which are delivered to groups over 4– 8 weeks.

The courses are designed to address some of the common challenges faced by many people on a day to day basis. The aim is to help participants within a group format make changes to their lives in a planned and achievable way.

With each course, sessions build on the previous one with exercises given at the end for the participants/group to reflect upon the following week. In this way, each person is encouraged to put the learned skills into practise whilst being accountable, not only to themselves but also to the rest of the group. Each person remains in control and is responsible for themselves at all times.

The group format is a useful method of enabling people in managing their condition or problem. Peer support plays a large role in helping participants to achieve and maintain good mental health. Group members may also choose to attend a self-help group after the course has ended, or even whilst it is still taking place.

The courses available are:

- Understanding Anger
- Understanding Depression
- Anxiety Management
- Confidence Building
- Improving your Wellbeing
- Problem Solving

If you would like to attend one of the courses call us on 01495 757393.

Training in Mind also sells a licence for the Recovery and Beyond package should organisations be interested in delivering these packages. The cost of the licence includes instructor training to deliver the Recovery and Beyond package and on-going email and phone support within the 1st year.

Company Number [07211462](https://www.gov.uk/company-accounts-records/07211462)

A licence for the 'Recovery & Beyond' training package enables unlimited use of the course material within a specific organisation and/or geographical area. Course material is not to be changed, is not for resale and requires delivery in line with Training in Mind's quality standards.

For more information please contact Sheree on

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