



MID ESSEX  
*Recovery  
College*

A **safe space** for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support **mental health recovery...**

# Stepping Stones to Wellbeing

## Workshop dates

10 April 2024 and 17 April 2024  
Microsoft Teams  
10:00am - 12:30pm

An introductory **two session course** supporting students to explore the nature of change and providing opportunities to create **effective change** to their **wellbeing**.

The course will support students to create small changes in their everyday lives, that will gradually empower them to manage their wellbeing.

In an informal & supportive group setting, students can **identify habits** that work well versus those that do not.

Students will also explore opportunities to make **personal goals** & build on their wellbeing.

The course consists of two separate workshops which covers topics such as:

- Strengths, values and what makes us feel good
- Create goals
- Recognise barriers to change
- Strategies and tools to make effective change



## To book on this course

For more information or to book a place please contact the college on the details below;

**[provide.midessexrc@nhs.net](mailto:provide.midessexrc@nhs.net)**

**07751 571431**

Scan the QR code below to be taken to our Eventbrite page



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