



horizons

Peer Support

April to June 2019

1.30-3.30pm

Burley

Introduction to group work **Monday 1st April, 13.30-15.30**

Peer support involves sharing experiences with others. Find out more about how it works and experience being in a group in this session.

From Chaos to Calm (six week course) **Mondays from 8th April to 3rd June, 13.30-15.30**

Explore what chaos and crisis mean to you, develop your ability to express your needs and manage change, learn practical budgeting skills and work towards preventing future crisis.

Workshops:

Stand alone sessions that can be attended without attending the course

Managing Anxiety **Monday 10th June, 13.30-15.30**

Exploring Guilt **Monday 17th June, 13:30-15:30**

Coping with Panic **Monday 24th June, 13.30-15.30**

For more information or to book contact Leeds Mind Peer Support or speak to a member of staff at Better Leeds Communities:

Leeds Mind: 0113 305 5800

peersupport@leedsmind.org.uk

