



#RETHINK

Building Resilience in our Communities

READY TO MAKE A **HEALTHY CHANGE** IN YOUR LIFE?

Sign up for a new **FREE**
RESILIENCE BUILDING Programme.



Place: Ardhowen Theatre, Enniskillen

Date: Monday 16th January 11.30am

Topic

Adjusting the way we think - positives and challenges,
Cognitive Behavioural therapy (CBT)

Think Well - Maintaining a healthier mind.
(unhelpful thinking styles - thoughts-feelings-behaviours)

Feel Well - Maintaining a healthier you.
(Eat Well - Food/Mood)

Plan Well - Keeping Active - Setting SMART Goals

Connect Well - Exploring our personal relationships and how
we communicate.

Explore problem solving and reflecting on our learning.

Each participant will receive an information learning pack for each session.

For further information or to book your place contact

Wendy on **07849086711** or **Roley** on **07921399544**

