

Psycho-educational courses

What kind of problems can our psychoeducational courses help you with?

Anxiety Management



Learning some strategies to manage anxious thoughts & feelings

Health & Well-being



Learning how to look after your body & mind, by making healthy choices

Self-esteem



Learning skills to feel more confident and to assert yourself.

Sex, relationships & the law



Understanding your rights and responsibilities in relationships and what the law says about sex and relationships.

Social Skills



Learning skills to communicate and engage effectively with others.

Bereavement



Talking about the grief cycle and ways of coping with loss

Keeping Safe



Keeping safe at home, in the community and on the internet

Healthy Sleep



How to improve your sleep and why it is important for you to have good sleep.

Feelings & Emotions



Learning how to recognise different feelings and emotions in ourselves and others.

Anger Control



Learning some strategies to manage angry feelings.