

NSPF Course Summary - 2022

Course Name	Description	Duration	Start Date	Time
Anger Management	Thoughts, feelings and beliefs behind anger, how to manage anger and healthy anger management techniques.	8 Weeks	Tuesday 26 th April	2pm - 4pm
Anxiety Management	Anxious thoughts, feelings and behaviours as well as anxiety management techniques and little changes we can make in our daily lives to lessen the impact of anxiety.	8 Weeks	Wednesday 20 th April	11am - 1pm
Feelings & Emotions	Recognising emotions in ourselves and others, empathetic communication and how thoughts and feelings influence behaviour.	6 Weeks	Wednesday 8 th June	11am - 1pm
Grief & Bereavement	Bereavement coping skills, how people grieve, how we can help ourselves and the best ways to have others help us through difficult times.	3 Weeks	Thursday 21 st April	10am - 12pm
Health & Wellbeing	Maintaining a healthy lifestyle, covering diet, healthy sleep, drugs and alcohol, exercise and mental wellbeing.	8 Weeks	Monday 25 th April	2pm – 4pm
Keeping Safe	Health and safety, crime and scam prevention.	4 Weeks	Monday 27 th June	2pm – 4pm
Self-Esteem	Improving confidence, challenging negative thoughts and improving self-image.	4 Weeks	Tuesday 12 th July	2pm – 4pm
Sex, Relationships & The Law	Relationships (both romantic and in general), boundaries, consent and what the law has to say on making and breaking relationships.	4 Weeks	Thursday 5 th May	10am - 12pm
Social Skills	Communication, conversation and learning to be more assertive in communication.	6 Weeks	Thursday 9 th June	10am – 12pm