



Ferguslie

Learning Centre

MENTAL HEALTH & WELLBEING
TASTER COURSE

WHAT is Mental Health, and what is Wellbeing? WHY is it so important, and HOW can it make a difference to you?

MENTAL HEALTH & WELLBEING TASTER COURSE

WHAT is Mental Health, and what is Wellbeing? WHY is it so important, and HOW can it make a difference to you?

This course aims to give you an understanding of mental health and wellbeing, and ways to support the mental health and wellbeing of self and others around you.

WHAT will you get from this course?

- ★ Increase awareness and knowledge around mental health and wellbeing
- ★ Enhance your communication skills
- ★ Improve your confidence
- ★ Find out different types of support
- ★ Opportunity to have fun!
- ★ Get demonstrations and tasters such as massage, relaxation, mindfulness, exercise, healthy eating

WHEN does the course run?

Tuesday 9:30am to 12:00 noon

6 weeks

19 February to 26 March 2019

West College Scotland Ferguslie Learning Centre

10 Falcon Crescent, Paisley, PA3 1NS

To book a place on any of these courses
or for information our contact details are.

t 0141 842 1015

e kathleen.brown@wcs.ac.uk

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Write to
Recovery
Course

WRITE TO RECOVERY COURSE

**Everyone has a story to tell, and here is where
you can do it!**

WRITE TO RECOVERY COURSE

Everyone has a story to tell, and here is where you can do it!

This course aims to give you a voice, and the means to tell your own individual stories, in a supportive and calm environment. It is for anyone who wants to write something, anything, but doesn't know where to start.

On this course you can begin to:

- ★ **Learn more about your emotions**
- ★ **Develop more mindfulness**
- ★ **Define your dreams**
- ★ **Learn more about yourself**
- ★ **Help heal old wounds**
- ★ **Create a work of art - your own writing!**

WHEN does the course run?

Tuesday 9:30am to 12:00 noon

4 weeks

16 April 2019 to 7 May 2019

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10 Falcon Crescent, Paisley, PA3 1NS

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