

AWARE currently have the following options open for registration:

- Mood Matters workshops - 2hrs via zoom
- Living Life to the Full course - 6 weeks @ 2hrs per week via zoom

Mood Matters Adult Workshop (2hrs)

This light and interactive mental health awareness training session is an opportunity for you to think about how to look after your own mental health. The workshop will explore mental health stereotypes and look more closely at how to spot the early signs of mental health illness, stress, depression, anxiety disorders and bipolar. This session will teach individuals coping skills for everyday life, how to avoid getting caught in a vicious circle and how to break unhelpful habits that we sometimes have when our mood is low, as well as where to get further help and support. This session will focus on you as an individual and will then allow you to apply these skills to supporting family, friends and others.

To register for a place visit Mood Matters Adult <https://www.aware-ni.org/booking-mood-matters-adults/>

Living Life to the Full (6 weeks @ 2hrs per week)

There is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges. Delivered over 6 weeks the programme looks more closely at the ways in which mental health can be impacted by life events and unhelpful thinking styles which may also then affect our physical health and overall enjoyment of life.

To register for a place visit Living Life to the Full <https://www.aware-ni.org/booking-living-life-to-the-full/>