

Inside Out!

Free 6 week course for those aged 19+ who experience mild to moderate depression and/or anxiety. This course is part of Sunderland City Council's **Live and Learn** Community Mental Health Pilot

Starting Monday 13th June - 18th July

From 10am—12 noon

At Moor House Adventure Centre, Houghton le Spring DH4 6QY

Have you..... Ever wondered why you sometimes just get on with some people more than others?

Ever thought I wish I could be more like them?

Ever wondered why some people's behaviour just baffles you and leaves you thinking I would never do that or why can't they do it this way?

Well..... This exciting, fun, interactive new course will include outdoor activities and group work that will help you increase understanding of why we behave in certain ways and how this affects our relationships with others. Develop confidence in interacting with others and recognise your own personal strengths in a fun, supportive environment.

Please wear coats, jumpers and flat shoes

WIDEN THE CIRCLE
OF YOUR FRIENDS

If you would like to attend this course, please contact Washington Mind 0191 417 8043 or email: info@washingtonmind.org.uk

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Seeing people – not problems ...

