



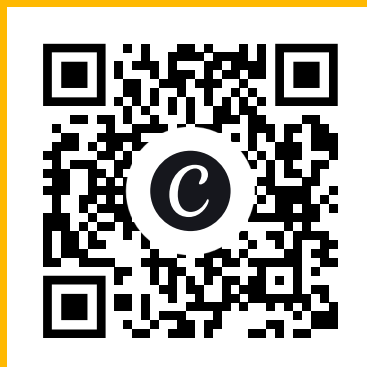
LIVING LIFE TO THE FULL

A free five-week mental health course using Cognitive Behavioural Therapy (CBT) techniques to help you challenge negative thinking and maintain positive mental wellbeing.

Where: AWARE NI offices, 40-44 Duncairn Gardens,
Belfast BT15 2GG

When: Every Wednesday beginning
23rd September to 21st October
2pm - 4:15pm

To register please visit aware-ni.org or scan the QR Code:



Registered with NI Charity Commission NIC100561 Company No. N.I. 30447

This programme sits within Tier Two of the PHA Mental Health, Emotional Wellbeing and Suicide Prevention Training Framework.

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.