



LIVING LIFE TO THE FULL

This CBT-based mental health course is suitable for people aged 18 and over experiencing low mood, stress, and mild to moderate depression. It teaches skills that can be used in everyday life. Delivered by AWARE NI, this course has been adapted in partnership with Macmillan Cancer Support to help people living with cancer look after their mental health.

LEARNING OUTCOMES

This programme can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and teach you simple, practical skills to help you cope with life's challenges.

COURSE CONTENT

Week One: Understanding your feelings

Week Two: Doing things that make you feel better

Week Three: Looking at things differently

Week Four: How to fix almost anything

Week Five: Building inner confidence

Week Six: The things you do that help and the things you do that don't

DETAILS

Thursday 24th September - 29th October
10am - 12pm

Delivered online

HOW TO APPLY

Scan the QR code to apply:



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.



MACMILLAN
CANCER SUPPORT

AWARE-NI.ORG



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