

First Steps

Before accessing any of our short courses, we would like you to attend our First Steps workshop. The session lasts for up to 2 hours and gives you an insight into what to expect when attending a course or group at Doncaster Mind. This gives you the opportunity to decide whether this is the right pathway for you and gives us the opportunity to get to know you and better help to direct you to suitable activities.

Workshops

- Stress Awareness

This one session workshop looks at the causes of stress, what stress is and is it harmful, and share tips and ideas for dealing with stress.

Programme of Courses:

Tier 1

- Anxiety Management

A six session programme (weekly) to give you the skills to help manage anxiety. Throughout the course we will help you to understand how anxiety affects you and your life, and can give you the tools to combat anxiety in a healthy way.

- Confidence and Self Esteem

A three session course to boost confidence, looking at the causes and influences to low self-esteem and how you can increase your belief in your own abilities and value.

- Dealing with your anger

A four session course which can help you deal with your anger/emotions and conflict situations.

Tier 2

- Positive Wellbeing

This 3 session course helps you look at how you can maintain and improve your wellbeing. It will help you identify early warning signs and gives you the tools to better manage your mental health.

- Communication

The communication and confidence course helps you to explore the different methods of communication that we use every day, and how these can impact on your connections with family, friends and professional services. We also help you to identify some of the obstacles that can hinder effective communication in your life. This course is delivered over 5 sessions

- Developing Interpersonal Skills

This 6 session personal development course can provide you with the tools and confidence to build a brighter future. We will help you to recognise your strengths and areas for development, and we will work with you to help you reach your individual goals.

Specialism

- My Life, My Voices

The course will run for 3 sessions and is designed to help you find your own way to manage the impact of hearing voices within your daily life. The course aims to achieve this through guided self-exploration and uses a workbook with areas to be completed by you in your own time.

Creche Facilities are available on site 3 days a week. For more details please ask.

Wellbeing Activities at Doncaster Mind

01302 812190 wellbeing@doncastermind.org.uk

Bentley Library

Social café

Every Monday 10am – 12noon.

An informal group for a chat/games. No booking required.

Doncaster Mind Community Hub

Men's Space Tuesday 1 – 3pm	Women's Space Wednesday 10 -12 noon	Social Café Monday & Friday 12 – 2pm <i>Please check for special events</i>
Relaxation Group Monday 3 – 4.30pm	Arts & Crafts Group Tuesday 12.30-2.30pm	Social Café Evening Thursday 5 – 8pm
Mind Monthly Meet Up Attend local events with a group of likeminded people <i>Dates, Times & Prices Differ</i>	Saturday Social Café Saturday 11am – 1pm <i>Locations differ each week</i>	Monthly Long Walk & Activities Day 3 rd Friday of the Month

Activities at Mexborough Library

Music Group Thursday 1 -2pm	Social Café Thursday 10.30am – 3pm	Games & Activities Club Thursday 11.15 – 12.30pm	Women's Group Friday 11am – 1pm <i>Locations differ each week</i>
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Any queries on where the Women's Group may be you can either call 07835719828 or check out our Facebook page

Vermuyden Centre, Thorne

Social café

Starts Tuesday 9th April 10am – 12 noon

An informal group for a chat/games. No booking required.

NEW
2019

All groups are free of charge, but may have activities which require funds.
Check our Facebook page to keep up with events!