

# General Info

## Coping With Life Courses

Coping with Life courses run for six weeks with sessions of 90 minutes. The courses are run from the Mind Wellbeing Centre. and are available to registered Service Users of Rochdale and District Mind.

Please ask your Personal Development Worker for the programme details.

Tel: 01706 752 352

The maximum number per group is 10 people.

## Please note

**Coping With Life courses aim to help people to learn and develop coping strategies for themselves and are not therapy groups**

# Contact Details

## How to book your place on the Coping With Life Courses.

If you are already using Rochdale and District Mind's Services please contact your Personal Development Worker on 01706 752 352.

If you want to access Rochdale and District Mind's Services please contact Peter Wyeth or Neil Kerr on 01706 752 352

or email :

[peterwyeth@rochdalemind.org.uk](mailto:peterwyeth@rochdalemind.org.uk)

[neilkerr@rochdalemind.org.uk](mailto:neilkerr@rochdalemind.org.uk)

Partner agencies can also contact this number to refer people to our organisation.

### **Rochdale and District Mind**

The Open Mind Team

3-11 Drake Street

Rochdale

Lancashire

OL16 1RE

Tel 01706 752 352



**Rochdale & District Mind  
(including Bury & N.E. Lancs)**

## **Coping With Life Courses**



**A Guide to our  
Coping With Life Courses  
(run under licence from Bromley  
Mind)**

## **Coping With Significant Loss or Change**

Divorce, separation, bereavement, unemployment, injury and ill health are all losses that can deeply affect us. Anger, depression, denial, guilt and loneliness are some of the feelings associated when dealing with loss. This course enables participants to identify strategies that can help to manage these feelings.

## **Assertiveness Skills**

This course looks at reasons why many people have difficulties being assertive in certain situations and helps participants develop skills to handle criticism, say no and avoid being taken advantage of. The course looks at strategies to develop assertiveness skills and involves practicing skills with other group members.

## **Managing Anxiety**

This course provides participants with an understanding of what anxiety is and how it is maintained.

The course looks at the relationship between thoughts, feelings and behaviour. Participants learn how assertiveness, problem solving and relaxation help to reduce anxiety.

## **Managing Your Anger**

This course looks at reasons why many people experience feelings of anger in certain situations. The course helps participants to identify and challenge unhelpful thinking and develop techniques for effectively managing their feelings of anger.

## **Stress Management**

This course helps people identify the cause and effects of stress. Participants learn practical skills e.g. time management; problem solving and relaxation techniques that will help them manage their stress more effectively

## **Managing Depression**

This course provides participants with an understanding of how the interrelationship between thoughts, feelings and behaviour help to maintain depression. The course enables participants to identify strategies and develop skills that will help to change this cycle.

## **Building Self Esteem**

This course looks at reasons why many people have difficulties being assertive in certain situations and helps participants develop skills to handle criticism, say no and avoid being taken advantage of. The course looks at strategies to develop assertiveness skills and involves practicing skills with

## **Contact**

**01706 752 352**

**To book your place or for more information.**