

East Kent

Registered in England and Wales: Limited Company No. 75325877 Registered Charity No. 1101193

WORKSHOP/COURSE SCHEDULE FOR JANUARY/FEBRUARY 2020

DATE	TIME	VENUE	COURSE/WORKSHOP TOPIC
Tuesday 14 th January 2020	10am-12noon	The Corner	Coping with Anxiety & Stress Course - Week 3
Thursday 16 th January 2020	10am-12noon	The GAP	Mindfulness Course - Week 4
Tuesday 21 st January 2020	10am-12noon	The Corner	Coping with Anxiety & Stress Course - Week 4
Tuesday 21 st January 2020	1pm-3pm	The Corner	Confidence & Self Esteem Workshop
Thursday 23 rd January 2020	10am-12noon	The GAP	Dealing with Anger Workshop
Tuesday 28 th January 2020	10am-12noon	The Corner	Coping with Depression Course – Week 1
Tuesday 28 th January 2020	1pm-3pm	The Corner	Improving Sleep for Wellbeing Workshop
Tuesday 4 th February 2020	10am-12noon	The Corner	Coping with Depression Course – Week 2
Tuesday 4 th February 2020	1pm-3pm	The Corner	Dealing with Anger Workshop
Thursday 6 th February 2020	10am-12noon	The GAP	Six Ways to Wellbeing Workshop
Tuesday 11 th February 2020	10am-12noon	The Corner	Coping with Depression Course – Week 3
Tuesday 11 th February 2020	1pm-3pm	The Corner	Six Ways to Wellbeing Workshop
Thursday 13 th February 2020	10am-12noon	The GAP	Improving Sleep for Wellbeing Workshop
Tuesday 18 th February 2020	10am-12noon	The Corner	Coping with Depression Course – Week 4
Tuesday 18 th February 2020	1pm-3pm	The Corner	Confidence & Self Esteem Workshop

The Corner, 60 Whitehall Rd, Ramsgate CT12 6DF

The Gap, Queens Road Baptist Church, Queens Road, Broadstairs CT10 1NU

To refer please contact ninacook@eastkentmind.org.uk