

East Kent

Charitable Incorporated Organisation | Company No. 75335877 | Registered Charity No. 118133

WORKSHOP/COURSE SCHEDULE FOR MARCH/APRIL 2020

All courses now being run from 34 King Street, Ramsgate CT11 8NT

March

| DATE | TIME | COURSE/WORKSHOP |
|--------------------------------------|-------------|--|
| Tuesday 3 rd March 2020 | 10am-12noon | Coping with Anxiety & Stress Course - Week 1 |
| Tuesday 3 rd March 2020 | 1pm-3pm | Improving Sleep for Wellbeing Workshop |
| Thursday 5 th March 2020 | 10am-12noon | Six Ways to Wellbeing Workshop |
| Thursday 5 th March 2020 | 1pm-3pm | Confidence & Self Esteem – Week 1 |
| Friday 6 th March 2020 | 10am-12noon | Mindfulness Session |
| Tuesday 10 th March 2020 | 10am-12noon | Coping with Anxiety & Stress Course - Week 2 |
| Tuesday 10 th March 2020 | 1pm-3pm | Positive Thinking Workshop |
| Thursday 12 th March 2020 | 10am-12noon | Dealing with Anger Workshop |
| Thursday 12 th March 2020 | 1pm-3pm | Confidence & Self Esteem – Week 2 |
| Friday 13 th March 2020 | 10am-12noon | Mindfulness Session |
| Tuesday 17 th March 2020 | 10am-12noon | Coping with Anxiety & Stress Course - Week 3 |
| Tuesday 17 th March 2020 | 1pm-3pm | Understanding Panic attacks Workshop |
| Thursday 19 th March 2020 | 10am-12noon | Coping with Depression – Week 1 |
| Thursday 19 th March 2020 | 1pm-3pm | Understanding Phobias Workshop |
| Friday 20 th March 2020 | 10am-12noon | Mindfulness Session |
| Tuesday 24 th March 2020 | 10am-12noon | Emotional Intelligence Workshop |
| Tuesday 24 th March 2020 | 1pm-3pm | Food and Mood Workshop |
| Thursday 26 th March 2020 | 10am-12noon | Coping with Depression – Week 2 |
| Thursday 26 th March 2020 | 1pm-3pm | Understanding Self-Harm Workshop |
| Friday 27 th March 2020 | 10am-12noon | Mindfulness Session |
| Tuesday 31 st March 2020 | 10am-12noon | Six Ways to Wellbeing Workshop |
| Tuesday 31 st March 2020 | 1pm-2.30pm | Relaxation (1.5 hour session) |

April

| DATE | TIME | COURSE/WORKSHOP |
|--------------------------------------|-------------|--|
| Thursday 2 nd April 2020 | 10-12noon | Improving Sleep for Wellbeing Workshop |
| Thursday 2 nd April 2020 | 1pm-3pm | Coping with Anxiety & Stress Course - Week 1 |
| Tuesday 7 th April 2020 | 10am-12noon | Dealing with Anger Workshop |
| Tuesday 7 th April 2020 | 1pm-3pm | Positive Thinking Workshop |
| Thursday 9 th April 2020 | 10am-12noon | Mindfulness |
| Thursday 9 th April 2020 | 1pm-3pm | Coping with Anxiety & Stress Course - Week 2 |
| Tuesday 14 th April 2020 | 10am-12noon | Emotional Intelligence Workshop |
| Tuesday 14 th April 2020 | 1pm-3pm | Understanding Panic attacks Workshop |
| Thursday 16 th April 2020 | 10am-12noon | Food and Mood Workshop |
| Thursday 16 th April 2020 | 1pm-3pm | Coping with Anxiety & Stress Course - Week 3 |

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| Tuesday 21 st April 2020 | 10am-12noon | Confidence & Self Esteem – Week 1 |
| Tuesday 21 st April 2020 | 1pm-3pm | Understanding Phobias Workshop |
| Thursday 23 rd April 2020 | 10am-12noon | Understanding Self-harm Workshop |
| Thursday 23 rd April 2020 | 1pm-3pm | Coping with Depression – Week 1 |
| Tuesday 28 th April 2020 | 10am-12noon | Confidence & Self Esteem – Week 2 |
| Tuesday 28 th April 2020 | 1pm-2.30pm | Relaxation (1.5 hour session) |
| Thursday 30 th April 2020 | 10am-11.30am | Relaxation (1.5 hour session) |
| Thursday 30 th April 2020 | 1pm-3pm | Coping with Depression – Week 2 |

To refer please contact info@eastkentmind.org.uk