

Plus + Programme

Positive Lives Using Skills



Creating brighter futures together

This psycho-education Plus Programme will give you a deeper understanding of emotions and will equip you with a self-management portfolio, full of coping strategies and techniques that will allow you to make a positive change for a happier, healthier life.

About the programme

This is a 10-session online programme, which will run weekly & be delivered by an experienced Wellbeing Trainer who will be able to support you in your learning.

Who is it for?

The course is for Sandwell Residents aged 16 and above, who would like to manage their wellbeing more effectively.

Sessions we cover:

- Managing stress
- Managing anxiety
- Managing low mood and depression
- Challenging unhelpful thoughts
- Communication and assertiveness
- Introduction to anger and frustration
- Sleep hygiene and relaxation
- Confidence and esteem building
- Celebrating joy and happiness
- Wellness planning and goal setting



Programme details:

The Plus Programme will be delivered online using Zoom and all course materials will be provided to you in advance.

There will be 3 cohorts available with the first beginning on 6th April 2021 from 10:30am-12:30pm (same day and time each week).

For more information, please call 0121 565 5605 or email training@kaleidoscopeplus.org.uk