

The Haven



**Life Skills and Emotional
Resilience Group**

The Life Skills Group and Emotional Resilience group is designed to give Haven clients a range of ideas and tools to increase their life skills.

It is an open group and people can attend if they feel it would be helpful. It consists of a nineteen week rolling programme which means you will have opportunities in the future to come to any sessions you have missed or to repeat anything you would like to do again. The programme is always under review, to see if you would like any sessions dropped or new ones added. We hope to empower clients to deal with their emotions

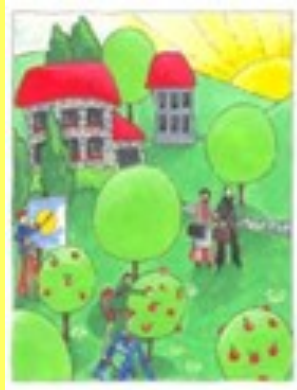
We run two programmes.

One is a basic understanding of feelings and behaviour and the process of recovery.

The other builds on this and deepens the understanding of how to become resilient and stay safe even in 'stormy weather'.

This group is on Tuesday and Thursday Mornings between 10.30am and 12:30pm.

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Essex County Council