

## Life skills & Emotional Resilience Programme April 2017

Tuesday 25 <sup>th</sup> April	<b>Communications</b>	Tuesday 11 <sup>st</sup> July	<b>Recognising:</b>
Thursday 27 <sup>th</sup> April	<b>Haven Community Advisory Group 10.30am</b>	Thursday 13 <sup>th</sup> July	<b>Wellness tools and Recovery Programme WRAP</b>
Tuesday 2 <sup>nd</sup> May	<b>Communications – Transactional Analysis (Jeff Dunnage)</b>	Tuesday 18 <sup>th</sup> July	<b>WRAP</b>
Thursday 4 <sup>th</sup> May	<b>Communications – Transactional Analysis (Jeff Dunnage)</b>	Thursday 20 <sup>th</sup> July	<b>WRAP</b>
Tuesday 9 <sup>th</sup> May	<b>Communications</b>	Tuesday 25 <sup>th</sup> July	<b>WRAP</b>
Thursday 11 <sup>th</sup> May	<b>Communications</b>	Thursday 27 <sup>th</sup> July	<b>Haven Community Advisory Group 10.30am</b>
Tuesday 16 <sup>th</sup> May	<b>Communications – Motivation (Daniel Newman)</b>	Tuesday 1 <sup>st</sup> August	<b>WRAP</b>
Thursday 18 <sup>th</sup> May	<b>Communications</b>	Thursday 3 <sup>rd</sup> August	<b>WRAP</b>
Tuesday 23 <sup>rd</sup> May	<b>Communications</b>	Tuesday 8 <sup>th</sup> August	<b>WRAP</b>
Thursday 25 <sup>th</sup> May	<b>Haven Community Advisory Group 10.30am</b>	Thursday 10 <sup>th</sup> August	<b>WRAP</b>
Tuesday 30 <sup>th</sup> May	<b>Communications</b>	Tuesday 15 <sup>th</sup> August	<b>WRAP</b>
Thursday 1 <sup>st</sup> June	<b>Communications</b>	Thursday 17 <sup>th</sup> August	<b>WRAP</b>
Tuesday 6 <sup>th</sup> June	<b>Recognising: Overview</b>	Tuesday 22 <sup>nd</sup> August	<b>Emotional Resilience</b>
Thursday 8 <sup>th</sup> June	<b>Recognising: Eating</b>	Thursday 24 <sup>th</sup> August	<b>Emotional Resilience</b>
Tuesday 13 <sup>th</sup> June	<b>Recognising: Our Habits</b>	Tuesday 29 <sup>th</sup> August	<b>Emotional Resilience</b>
Thursday 15 <sup>th</sup> June	<b>Recognising: Health positively</b>	Thursday 31 <sup>st</sup> August	<b>Haven Community Advisory Group 10.30am</b>
Tuesday 20 <sup>th</sup> June	<b>Recognising: Integration with groups</b>	Tuesday 5 <sup>th</sup> September	<b>Emotional Resilience</b>
Thursday 22 <sup>nd</sup> June	<b>Recognising: Self Destruction</b>	Thursday 7 <sup>th</sup> September	<b>Emotional Resilience</b>
Tuesday 27 <sup>th</sup> June	<b>Recognising:</b>	Tuesday 12 <sup>th</sup> September	<b>Emotional Resilience</b>
Thursday 29 <sup>th</sup> June	<b>Haven Community Advisory Group 10.30am</b>	Thursday 14 <sup>th</sup> September	<b>Emotional Resilience</b>
Tuesday 4 <sup>th</sup> July	<b>Recognising:</b>	Tuesday 19 <sup>th</sup> September	<b>Emotional Resilience</b>
Thursday 6 <sup>th</sup> July	<b>Recognising:</b>	Thursday 21 <sup>st</sup> September	<b>Emotional Resilience</b>

The Programme may change at Short Notice