



The HAVEN PROJECT is a specialist support service for those who are living with the diagnosis of Personality Disorder and/or Complex Trauma. It is a community mental health project which started in 2004. We offer support through resilience groups, 1:1 sessions, crisis prevention service, and client friendship


Contact Us

 10 St Peters Court, Colchester, CO1 1WD


 01206 572215 or through Crisis Café 03003309392

 the.haven@thehavenproject.org.uk

 www.thehavenproject.org.uk

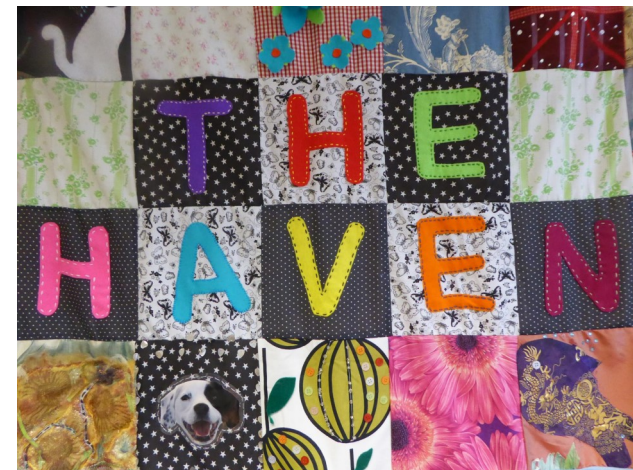
 The Haven Project

 @thehavenprojectcolchester

 @ThehavenProjec3



Learn to become emotionally resilient with the HAVEN PROJECT.



Sessions run on a Tuesday at the Clacton Crisis Café and on a Thursday at the Colchester Crisis Café starting at:

1. 17:45
2. 18:45
3. 19:45



Managing strong emotions: Week 1-4 :

- ◆ Working backwards from action to trigger
- ◆ Working with grief and loss.
- ◆ From week commencing 11/7/22.

Addiction, distraction and self esteem Week 4-8:

- ◆ Distraction and addiction .
- ◆ Self-esteem: silencing your bully.
- ◆ From week commencing 8/8 /22.

Reflecting & processing: Week 8-10

- ◆ Reflection to understanding.
- ◆ Processing to change.
- ◆ From week commencing 5/9/22.

Emotional and physical wellbeing Week 10-12

- ◆ Food and mood.
- ◆ Surf suffering ? Really?
- ◆ From week commencing 19/9/22.

The Haven Resilience Programme:

The course:

Runs for a number of weeks. You will receive resources you can take home.

- **Learn how to be aware of your emotions**
- **Learn to develop skills to manage your emotions**
- **Encouragement to value yourself and who you are**
- **Help to assemble a resilience tool kit that helps you!**

Referrals:

Can be by a member of the MIND support staff on the day, by EPUT staff, by ringing in yourself, or through your referring agency. Crisis Café number 03003309492

- **You can attend as many sessions as you need.**
- **You can share your experiences or just listen.**
- **It is up to you.**

