








*A safe space for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support **mental health recovery**...*

<b>Steps to Inner Freedom</b> 	Weds 24 Jan	2:00 – 3:00pm	Online via Microsoft Teams
<b>Train the Trainer</b> <b>*Students must be able to attend all four Fridays to complete the course*</b>	Fri 26 Jan Fri 2 Feb Fri 9 Feb Fri 16 Feb	10:00 - 4:30pm	Livewell Hub, Saunders House, Manor Street, Braintree CM7 3YL
<b>Steps to Inner Freedom</b> 	Weds 31 Jan	2:00 – 3:00pm	Online via Microsoft Teams
<b>The Ripple Effect of Domestic Abuse (part 2)</b> 	Thurs 1 Feb	10:00 – 12:00pm	Online via Microsoft Teams
<b>Steps to Inner Freedom</b> 	Weds 7 Feb	2:00 – 3:00pm	Online via Microsoft Teams
<b>Finding and Retaining Employment</b> 	Weds 7 Feb	11:00 - 1:30pm	Kestral House, Hedgerows Business Park, Colchester Rd, Springfield, Chelmsford CM2 5PF
<b>Tools for Anxiety and Stress</b>	Weds 28 Feb	12:30 – 1:45pm	Online via Microsoft Teams
<b>Understanding Domestic Abuse and its Complexity (Part 1)</b> 	Thurs 7 Mar	10:00 – 12:00pm	Online via Microsoft Teams
<b>The Ripple Effect of Domestic Abuse (Part 2)</b> 	Thurs 21 Mar	10:00 – 12:00pm	Online via Microsoft Teams
<b>Tools for Anxiety and Stress</b>	Weds 27 Mar	12:30 – 1:45pm	Online via Microsoft Teams

**For more information or to book onto any of our courses**

- Visit our Eventbrite page at [MidEssexRecoveryCollege.eventbrite.com](https://MidEssexRecoveryCollege.eventbrite.com)
- Scan the QR code
- Email [provide.midessexrc@nhs.net](mailto:provide.midessexrc@nhs.net)
- Telephone: 07751 571431 or 0300 303 9954





## Train the Trainer

This is a four day course delivered over four weeks that aims to equip students with the skills and knowledge needed to deliver training in a Recovery College setting. This is not an accredited course, however will provide a foundation for anyone who may be interested in contributing to Mid-Essex Recovery College delivery.

## Tools for Anxiety and Stress

An interactive group session allowing attendees to learn several self-care tools (from the Managing Health Programme) that can help with 'day to day' feelings of anxiety and stress. You will have the opportunity to participate in breathing techniques and activities that support mindfulness.

## Finding and Retaining Employment



This workshop is aimed at those people looking to find work and those currently employed who have or have had mental ill health. The workshop is co designed and presented by an Employment Specialist and a Peer Support Worker with lived experience and is designed to empower people to find employment, how to sustain that employment and what support is available to help them.

## Understanding Domestic Abuse and its Complexity



This session looks at the broad spectrum that the term 'domestic abuse' encompasses as well as the different ways in which it impacts on an individual. The aim is to build an understanding of matters such as psychological abuse, coercive controlling behaviour, economic abuse, physical violence, stalking and harassment.

## The Ripple Effect of Domestic Abuse

**It is advisable to attend the session Understanding Domestic Abuse and its complexity before this workshop.**



This session looks on the impact that domestic abuse may have in two specific areas:

1. The impact on children living in a home where abuse is occurring as well as on other family members.
2. The impact on a victim/survivor to be independent and maintain employment because of the abuse.

**Please be aware that the two Domestic Abuse workshops contain detailed descriptions of domestic abuse told through the stories of people with lived experience.**

## Steps to Inner Freedom



Working with the Essex Working Well Programme this is a series of three workshops that will explore the notion of 'inner freedom' the idea behind it, how it can feel and ways it can be developed. We will consider how this links to the CHIME Framework (Connectedness, Hope Identity, Meaning, Empowerment); and in doing so will look at the concept of 'meaning and purpose' as 'inner compasses' towards what we may define as 'greater freedom'. In each session we will try out some aids, such as meditation and creative journal writing. The workshops are interactive and utilises 'discussion based learning' sharing of experiences and the opportunity to participate in a selection of relevant activities.

**This course is not bookable via Eventbrite please email the College to find out how to book onto these workshops.**