

# BLACKBURN CENTRE COURSES

Part of The Healthy Minds Academy

## New - June 2016

# The Mind Fit Programme

All courses are Women Only, please book your place at: 25 Wellington Street (St Johns), Blackburn, BB1 8AF

FREEPHONE Tel: 0808 280 3160

Facebook - Lancashire Women's Centres Twitter - @WomensCentred [www.womenscentre.org](http://www.womenscentre.org)

The Start	COURSE	DATE	LENGTH	TIME	CONTENT
	The Planner	Mon 06/06/2016 & Tues 07/06/2016	5 Weeks	1pm - 3pm	<b>FIRST-STEPS, SELF-ESTEEM.</b> The starter course— Supporting your first steps to improving how you feel. Aims to make you realise that you are not alone, to look at what you want to achieve and to be YOU.  <i>'JOIN THE COUNTLESS OTHERS WHO HAVE TAKEN THAT 1ST STEP AND NEVER LOOKED BACK .....</i>
	The Journey	Mon 06/06/2016	5 Weeks	10am- 12 Noon	<b>BUILD CONFIDENCE , DEVELOP, FOCUS and GROW</b> The second part and main body of our Mind Fit Programme, builds you up, looks more closely at your Self-Esteem & Confidence, and Communication by learning new techniques focusing on Assertiveness and Positive growth. This course aims to help you see more clearly the direction you should be going in and puts you firmly on that path able to problem solve and ask for what you want.
	The Prize	Tues 07/06/2016	5 Weeks	10am— 12 Noon	<b>LASTING CHANGES, STRENGTH.</b> The final touches. This course is for you if you are ready and want to take the next step. Polish your new skills and confidence and make lasting positive changes. This course aims to highlight what you have achieved what you want and to enjoy being YOU.  <i>.....AND BE THE BEST YOU HAVE BEEN IN 2016'</i>
The Finish Line					

Support Encourage Enable

#EveryWomanCounts

