

July—September 2018  
TUESDAYS & WEDNESDAYS 1:30 —3.30pm

# the LIFE course

## Living Well in Recovery

### 1. Self Care

Hierarchy of Needs *17-Jul*  
Food and Nutrition *18-Jul*  
Exercise & Relaxation *24-Jul*  
Sleep *25-Jul*

### 2. Mind Matters

Stress and Anxiety *7-Aug*  
Healthy Thinking *8-Aug*  
Assertiveness *14-Aug*  
Goal Setting *15-Aug*

### 3. Healthy Relationships

Safe People *28-Aug*  
Communication *29-Aug*  
Anger & Grief *4-Sept*  
Personality *5-Sept*

### 4. Life Management

Time Management *18-Sept*  
Volunteering *19-Sept*  
Budgeting *25-Sept*  
Forms & Filing *26-Sept*

Contact the LIFE course:

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Apply or Refer at: [www.crisis-centre.org.uk/life](http://www.crisis-centre.org.uk/life)

*Crisis Centre  
Ministries*

Registration starts  
**June 11th**

@ 32 Stapleton Road,  
Easton, BS5 0QY  
(above the Wild Goose)