

Psychoeducational Courses

Course Title		Course Length	Course Information
Anger Management		8 Weeks	Learn about anger, how to manage angry feelings and relaxation techniques.
Anxiety Management		8 Weeks	Learn about anxiety and how to manage anxious thoughts and feelings.
Grief and Bereavement		3 Weeks	Learn about death, the grief cycle and ways of coping with loss.
Relationships		6 Weeks	Learn about different types of relationship and how to set boundaries.
Self-Esteem		4 Weeks	Learn skills to feel more confident and assert yourself.
Social Skills		6 Weeks	Learn how to communicate appropriately and socialize with others.
Health and Well-being		6 Weeks	Learn to make healthy decisions to look after your body and mind.
Sex and Consent		4 Weeks	Develop safe emotional and sexual relationships and know the law.

When you complete a course you will be invited to a Peer Support Group to help recap what you have learnt.

Empowering voices.

Enabling choices.



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