

are pleased to offer this one day workshop

SELF HARM AWARENESS

Target audience: Counsellors, Health and Social Care staff, those working in Education, Statutory services, Voluntary and Community Groups or anyone who has been affected by or has an interest in Self Harm.

Aim of workshop: To raise awareness and increase understanding of issues around self-harm

Learning Outcomes: By the end of the session, participants will be able to:

- Define what we mean by self-harm
- Understand different types of self harm
- Challenge the myths and realities around self harm
- Identify some of the reasons why some people self-harm
- Identify strategies and support mechanisms

Duration: One (1) day

Dates: Dates to be arranged

Time: 9.30 – 16.00

Venue: To be confirmed

Facilitator: Jan Rilatt of youplus

Price: £65 per person (includes handouts and refreshments).

To book a place: Book via calendar on www.wrightmindtsl.co.uk or email info@wrightmindtsl.co.uk or Telephone 01724 858799

For more information: email janrilatt@youplus.co.uk or phone 07749 996672