



OPTIMISING RECOVERY AFTER PROSTATE SURGERY - 10 WEEKLY SESSIONS STARTING AUTUMM

- Share your personal experiences of managing post surgical recovery
- Develop strategies to manage physical changes
- Create an action plan for emotional health
- Explore wellbeing as an aid to recovery

HEARING VOICES GROUP- A SAFE & ACCEPTING PLACE TO STARTING AUTUMM

- Develop strategies to manage voices in an understanding environment
- Share your own experiences with others who hear voices
- Explore the impact on you and your life and understand the causes and origin of voices
- Learn how others manage their experience of voices
- Build your confidence and self esteem

COPING WITH THE MENOPAUSE - 10 WEEK COURSE MON 20TH SEPT 21 6.30-8 PM £10 PER SESSION

- Share & discuss your experiences
- Improve physical & psychological symptoms
- Recognise thoughts, feelings & sensations
- Develop a non-reactive awareness & acceptance

**IF YOU FEEL INSPIRED TO JOIN ONE OF OUR GROUPS
THEN GET IN TOUCH**

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Self refer: ukcounsellingnetwork.co.uk/book

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