**Help Direct Mental Well-being & Community Based Support Interventions**

**FREE TRAINING COURSE!**

**As part of Help Direct’s drive to actively support adults and communities the service has united with Lancashire Adult Learning and Disability Equality North West to deliver a FREE Mental Well-being course featuring key themes such as Confidence Building and Managing Finances.**

The course is open to organisations who support adults (18 +) within relevant fields such as health, mental health and well-being, social services, counselling, advocacy, police and judicial services etc and to members of the public and the wider community.

Free places are now available on the following course:

**Mental Well-being (featuring Confidence Building & Managing Finances themes)**

**This is a six session course to be held on the following dates and times:**

**Session 1:** 9.30am – 11.30am    11th September

**Session 2:** 9.30am – 11.30am    18th September

**Session 3:** 9.30am – 11.30am    25th September

**Session 4:** 9.30am – 11.30am     2nd October

**Session 5:** 9.30am – 11.30am    16th October

**Session 6**: 9.30am – 11.30am     23rd October

**Location –  Disability Equality North West**103-104 Church Street, Preston, PR1 3BS

If your organisation has services users who may benefit from attending the course or equally know of certain people or communities that may benefit, then please contact Help Direct to reserve places now. As with all courses places are limited.

**Watch out for a range of different course opportunities in the future to support the well-being of your service users, members of the public and wider communities!**

To make course reservations please contact:

Help Direct

(01772) 270723

info@helpdirect.org.uk

or visit

Help Direct Offices, 30 Cannon St, Preston PR1 3NS or Rococo Coffee Lounge, 41 - 45 Chapel Brow, Leyland PR25 3NH

Kind Regards

Help Direct (Preston and South Ribble – Delivered by Age Concern Central Lancashire)