

Adapting Training

We will deliver training tailored to your organisation's needs. We are able to cover issues such as self harm, involvement and empowerment training for service users, and assertiveness.

For more information please contact us.

General information

All courses will be held in the Taunton area.

Tea and coffee will be served on all workshops and courses. Lunch can be ordered at £5 per person on the all day workshops.

If you cancel your booking at least 28 days before the sessions your money will be reimbursed. After that no refund can be given.

If you would like more information about any of our training courses please contact us.

Mind Skills and Opportunities Centre
19-21 Kingston Road
Taunton
Somerset
TA2 7SA

Email: tonyh@mindskills.org.uk
Tel: 01823 289948
Website:
www.mindskills.org.uk



Booking Form

Please photocopy this form for additional participants

I would like to book a place on the following workshops/courses:

EXPLORING MENTAL HEALTH Cost £75**

- Tuesday 5 September 10am – 4pm
- Thursday 21 September 10am – 4pm

LEARNING MORE ABOUT DEPRESSION Cost £75**

- Tuesday 12 September 10am – 4pm

LEARNING MORE ABOUT ANXIETY Cost £75**

- Tuesday 19 September 10am – 4pm

LISTENING SKILLS Cost £125**

- 2 days, Tuesday 26 September & 3 October

EXPERIENCING MID-LIFE - A COURSE FOR WOMEN Cost £125 Starting in October

SPORTS BUDDIES TRAINING £250 or free for volunteers Starting in October

LISTENING TO PEOPLE EXPERIENCING ILLNESS OR INJURY Cost £250 Starting in October

SUPPORTING PEOPLE IN EMOTIONAL DISTRESS £250

- 10 weeks, from Thursday 5 October, 10am – 12.30pm

I am ordering lunch. Please add £5 (£10 for 2 day Listening Skills course). Lunch is only provided at all day workshops, indicated with** I enclose a cheque made payable to Mind in Taunton & West Somerset for £ _____ (enter total cost)

PLEASE NOTE:

You may be entitled to free or reduced charges if you receive certain allowances or benefits, including Income Support, House Benefit or Jobseekers' Allowance. Please contact us for more information.

Name _____

Address _____

Email _____

Phone _____

Please post this form with your cheque to:
Mind Skills and Opportunities Centre,
19-21 Kingston Road, Taunton, Somerset TA2 7SA

Reg. Charity Number: 1109626
Company Number: 5148414



For better
mental health

Personal Development
Workshops -
Meet others and learn
together

Professional Training -
Develop skills to support
others



Gain a greater
understanding
of topics
related to
mental health

Mind Skills and
Opportunities Centre

Taunton

Tel: 01823 289948