

The Life Skills Group is designed to give Haven clients a range of ideas and tools to increase their life skills. It is an open group and people can attend if they feel it would be helpful. It consists of a nineteen week rolling programme which means you will have opportunities in the future to come to any sessions you have missed or to repeat anything you would like to do again. The programme is always under review, to see if you would like any sessions dropped or new ones added.



The Life Skills Group is on Thursday mornings between 10.30 am and 12 noon, apart from the first Thursday in the month which is Haven Community Advisory Group,

1 Glen Avenue, Lexden, Colchester CO3 3RP

Tel: 01206 287316

www.thehavenproject.org.uk

The Haven



Life Skills Group

2012 DATES

19 th Jan	Penny Parks Day 10am to 4pm
26 th Jan	Feedback on Penny Parks Day 10.30am to 12 noon
2 nd Feb	Haven Community Advisory Group
9 th Feb	Physical Relaxation
16 th Feb	Anxious Thoughts
23 rd Feb	About Self Harm
1 st Mar	Haven Community Advisory Group
8 th Mar	Understanding Eating Distress
15 th Mar	Understanding Addictions
22 nd Mar	Managing Your Finances
29 th Mar	Assertiveness
5 th April	Haven Community Advisory Group

12 th April	Understanding Sleeping Difficulties
19 th April	Confidence Building
26 th April	Understanding Anxiety
3 rd May	Haven Community Advisory Group
10 th May	Dealing with Anger
17 th May	Understanding Relationships
24 th May	Managing Your Time and Routines
31 st May	Positive Solutions
7 th Jun	Haven Community Advisory Group
14 th Jun	Haven Recovery Programme Part 1
21 st Jun	Haven Recovery Programme Part 2