

How do I book a place?

Once you have chosen the course or courses you are interested in, you can book a place via our website or by calling us on 01325 283 169.

Alternatively you can visit us between the hours of 9am and 5pm at St Hilda's House, 11 Borough Road, Darlington, DL1 1SQ and our Reception staff will be happy to assist you.

How much does it cost?

If you are in receipt of a Personal Budget, you can ask that our courses be a part of your personal development and support plan. In this instance, we would charge our standard hourly rate for your attendance.

If you are not in receipt of a Personal Budget the courses are chargeable as detailed overleaf. Existing attendees of Darlington Mind services may be entitled to a reduced rate.

If you are unsure about this, please just call us to find out more.

Regd. Charity No: 1093140
Company Limited by Guarantee No: 04433988

How do I contact you?



Darlington Mind
St Hilda's House
11 Borough Road
Darlington
DL1 1SQ



01325 283169

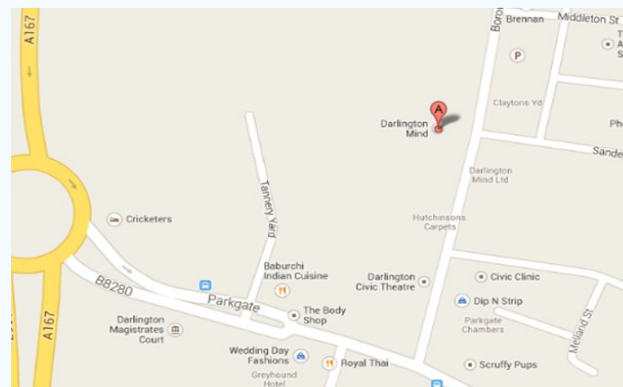


www.darlingtonmind.com

Where are you?

Darlington Mind is situated near the Darlington Hippodrome on Parkgate in Darlington and is within easy reach of the Railway Station.

Limited free parking is available on Borough Road or the adjacent residential streets. Chargeable parking is available in St. Hilda's Car Park on the corner of Parkgate.



Darlington Mind Course Prospectus May-August 2017



A guide to the personal development and self help courses on offer at Darlington Mind between May and August 2017

 **Darlington**
for better mental health

Mindfulness

Introduction to Mindfulness

Learn about what it is, the benefits of Mindfulness & how to practice it.

When? Monday 5th June, Monday 12th June, Monday 19th June & Monday 26th June

Time? 10.00am—12noon

Who? Open to all (aged 18+)

How much? £20 per person, per session (£80 for all four sessions)

Where? All sessions will take place at our premises on Borough Road.



Advanced Mindfulness

Develop your Mindfulness practice further with these advanced sessions.

When? Monday 17th July, Monday 24th July, Monday 31st July & Monday 7th August

Time? 10.00am—12noon

Who? Open to all who have attended the Introduction to Mindfulness sessions (aged 18+)

How much? £20 per person, per session (£80 for all four sessions)

Where? All sessions will take place at our premises on Borough Road.

(please see our Monday Morning Mindfulness leaflet for detailed information about what these sessions will entail)

Mental Health First Aid

Adult Mental Health First Aid

Learn how to;

- Recognise the symptoms of mental health issues
- Provide initial help
- Guide a person towards appropriate professional help

When? Tuesday 9th May & Thursday 11th May 2017

Time? 9.00am-5.00pm

Who? Open to all (aged 16+)

How much? £150 per person (lunch and refreshments are provided within the course fee)

Where? This training will take place at our premises on Borough Road.

Youth Mental Health First Aid

Learn how to;

- Provide information, tools and techniques to promote a young person's mental and emotional wellbeing
- Support a young person who might be experiencing mental and emotional distress

When? Tuesday 16th May & Thursday 18th May 2017

Time? 9.00am-5.00pm

Who? Open to all (aged 16+)

How much? £150 per person (lunch and refreshments are provided within the course fee)

Where? This training will take place at our premises on Borough Road.

Mental Health Awareness



During this three hour session you will;

- Gain an awareness of Mental Health; what it is and how it relates to you as in individual.
- Gain knowledge of some common mental health conditions, their symptoms and effects.
- Learn how you can support others with their mental health.

When? Wednesday 14th June

Time? 1.00pm-4.00pm

Who? Open to all (aged 18+)

How much? £30 per person

Where? This training will take place at our premises on Borough Road.

When? Wednesday 5th July

Time? 1.00pm-4.00pm

Who? Open to all (aged 18+)

How much? £30 per person

Where? This training will take place at our premises on Borough Road.

When? Wednesday 23rd August

Time? 1.00pm-4.00pm

Who? Open to all (aged 18+)

How much? £30 per person

Where? This training will take place at our premises on Borough Road.