

Managing Menopause Course

Now open for referral and self-referral

FDAMH are now offering an informative and supportive short course that aims to help women deal with the unpleasant psychological effects that menopause can bring, such as anxiety and brain fog.

The course takes place in the comfortable rooms in FDAMH over 4 x 2hr sessions, with a follow up reconnector. Course topics will include:

Session 1	Session 2	Session 3	Session 4
<ul style="list-style-type: none"> Understanding the neurological changes brought on by reduction in hormones and how these impact on our moods and emotions. Understanding the impact and changes in our bodies. 	<ul style="list-style-type: none"> Managing and reducing anxiety and low mood Tackling “brain fog” Ways to increase our “happy hormones” and raise our psychological wellbeing. 	<ul style="list-style-type: none"> Reducing the cycle of negative thinking Building our resilience and finding our coping methods Changing relationships, roles and how this impacts our self-perception and self-esteem. 	<ul style="list-style-type: none"> Menopause and the workplace The importance of a good work/life balance Menopause and sleep Re-evaluating our self-care
<ul style="list-style-type: none"> Reconnector: An opportunity to review any changes made and how we move forward. 			

This course has been funded by Falkirk CVS and so there is no cost to any Falkirk District residents wishing to attend. Handouts and resources will accompany this course.

Venue and Times:		
The Victoria Centre, FDAMH, 173 Victoria Road, Falkirk FK2 7AU Time: 6pm – 8pm	Wednesday evenings	Wednesday evenings
	November 1st, 8th, 22nd, 29th	February 2024 7th, 14th, 21st, 28th
Reconnector Time: 6pm – 7pm	Wednesday 24th January 2024	Tuesday 26th March 2024

***NB: This course deals with addressing the psychological and emotional impact of menopause and we do not cover any clinical matters such as the use of HRT.**

To refer or self-refer onto this free course, please contact: lisa.alexander@fdamh.org.uk

For further information regarding this course, please contact: Julie Law

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