

# **CBT MENOPAUSE COURSE**

## THERAPEAUTIC LIFE SKILLS FOR MENOPAUSE

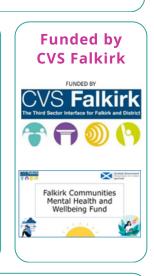
Whether you are going through **menopause**, **peri-menopause**, or just **experiencing similar thoughts and feelings** but not currently going through menopause, you are welcome to join. Facilitated by a qualified CBT Therapist, this course is available to all adults aged 16 or over.

#### **LEARN MORE ABOUT:**

- ☐ Managing Stress and Anxiety, and how CBT skills can help you.
- ☐ Learning how our thoughts impact us physically, emotionally, and behaviourally.
- ☐ Challenging negative ways of thinking using CBT tools and techniques.

#### WHY YOU SHOULD SIGN UP:

- The course teaches therapy skills, life skills, and tools for navigating difficult times.
- Ideal for those seeking therapeutic tools for mood swings and negative thinking.
- Understand more about how our thoughts affect our emotions, the control that we have around us, and how to build resilience.
- ♦ Helps take control of day-to-day worries and stress.
- Beneficial for those with a shift in mood or new onset of low mood, as well as those with longer-term depression.



### **DATE & TIME:**

Course 1: Saturday 1st & 8th June 2024
Course 2: Saturday 7th & 14th September

2024

(\$\) 9.30 am - 12.30 pm

#### **VENUE:**

FDAMH 173 Victoria Road Falkirk FK2 7AU

## TO ACCESS THIS COURSE:

- Scan the **QR code**.
- Email **lisa.alexander@fdamh.org.uk** to request a booking form.

