

# 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.

#### **VENUE**

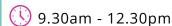
**FDAMH** 

173 Victoria Road Falkirk

FK2 7AU



🛓 Saturday 25<sup>th</sup> October & 1<sup>st</sup> November 2025







# TO ACCESS THIS COURSE:

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

