

CBT MENOPAUSE COURSE

THERAPEUTIC 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

DATE & TIME:



Saturday 25th October & 1st
November 2025



9.30am - 12.30pm

Funded by CVS Falkirk



TO ACCESS THIS COURSE:

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

