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| Canterbury Umbrella Courses |
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| Tick the boxes of ones you are interested in |

# Anyone Can Attend

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| ☐ | Self-help for our Holistic health – We will look at the principles of self-help strategies and the theory behind the practices |
| ☐ | How to Use Your Voice – Explore what makes communication effective and how we can use this all-important tool in our lives |
| ☐ | Making Connections: Building Relationships and Breaking Down Social Isolation – Join us to explore how you and your community can develop these connections and use them to break down social isolation |
| ☐ | De-cluttering our Minds and Lives – All of us can only deal with so much, and our capacity to change depends on what resources we have available. So join us in a discovery of what these resources are and how to declutter our minds |
| ☐ | Stress Management – Explore how we experience stress as an individual and the affects stress can have on our mind and body. So, lets try and find ways to manage it better together.  |
| ☐ | Depression and Anxiety – They are major public issues and so come join us to explore what these conditions are, how they relate to our daily lives and how we can help ourselves and cope better |
| ☐ | Building Resilience for the Community and Ourselves During Covid – Can we manage our anxiety? How do we build resilience? Be more empathic and take back a sense of control by looking after ourselves |
| ☐ | My Anxieties have Anxieties – We will be establishing the difference between ‘normal’ anxiety and an anxiety disorder, ways to cope better, and ways in which mindfulness can help, if at all |
| ☐ | Navigating the New Normal – We don’t have all the answers but we are going to look at what the new normal is, what are our challenges, and what are our expectations when looking forward |
| ☐ | Mental Health and Family – A discussion based around families and how there can be some topics that are difficult to discuss but need to be said. Additionally, ways in which we can maximize the benefits of family life and boost our family resilience.If you are an individual organization wishing to use such services as having access to these courses, there will be a fee However, if you are a member of Canterbury Umbrella then there will be no fee to you |