

WHERE TO FIND US...



St. Margaret's Centre

Supporting people with mental health problems

Courses



Mental health is
everybody's business.



A comprehensive guide to our new courses in March and April 2016

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www.stmargaretscentre.co.uk

Registered Charity No: 1160900 'The Old School' Priory Orchard, Margarey Lane, Durham, DH140J



Who are we?

St. Margaret's Centre was established in 1991 and is situated in a beautiful stone building, overlooking Durham Cathedral.

The aim of the centre is to create greater choice and opportunity for people to engage in meaningful activity, benefit from social inclusion, improved self esteem and increased confidence. A variety of activities are available to men and women, in a welcoming environment.

We are pleased to offer new courses running throughout the year which are fun, educational, practical and informative. They include craft courses, music and singing classes, self management groups and many more.

A counselling service is now available to help people suffering from mild depression, bereavement, low mood, loss, stress and anxiety. If you feel that this service may be of benefit, please contact the centre to arrange an appointment.



What's new?

We will continue to improve and update our courses throughout the year.

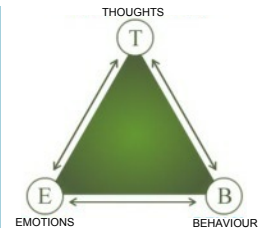
For further information, please contact the centre

New Courses starting 2nd May 2016

- DISCOVERABILITY: DRAWING MANDALAS
- PRINTING
- DIGITAL SCRAPBOOKING
- For further information, please contact the centre.

Cognitive Behavioural Therapy

3 day Foundation Course
9th, 16th and 23rd May 2016
9 - 4pm



This 3 day Foundation course is an introductory course in Cognitive Behavioural Therapy, an effective evidence based therapeutic approach taught by a mental health professional.
There is a charge to access this course.

Future Self Management Courses

Emotional Regulation Skills

4th, 11th and 18th July 2016

This course is suitable as an introduction to the principles of mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness.

There is a charge to access this course.

Overcoming Low Mood

Thursday 5th May 2016

The course is based on CBT, which is an evidence based psychological therapy approach, focusing on links between thoughts, feelings and behaviours.

The course runs for 6 weeks - 2 hours per week and is free of charge.

Reiki Shodden Level 1

7th April, 10th April and 16th June 2016

REIKI SHODDEN LEVEL 1 TRAINING COURSES £160 per person for a 1 day course
Registration, certification and course material provided.

FRIDAYS 11th March - 15th April



**BASIC
COMPUTER SKILLS COURSE** 10.00am - 12pm for 6 weeks

- ⏻ LEARN THE BASICS - HOW TO UNDERSTAND THE KEYBOARD, USE THE MOUSE, WRITE A LETTER AND PRINT IT, LET'S JUST KEEP IT SIMPLE TO START WITH...
- ▶ A SMALL AND FRIENDLY GROUP IN A PLEASANT ENVIRONMENT
- ◀ STOP WISHING YOU COULD DO IT AND MAKE IT HAPPEN!

FRIDAYS - every week



The key element of a CREE is the bringing together of adult men to partake in a range of activities and socialising that improves mental health. The group will be participate in a project aimed at making the CREE sustainable, learning new skills to restore furniture, and selling it on, thus allowing the group to be self sustainable.

9.00 - 3.00pm - this service is ongoing and FREE

MONDAYS starting 6th June 2016



SHABBY CHIC
10.00am - 12pm
for 6 weeks

This course is designed to get you upcycling! You will learn the basic techniques of shabby chic and furniture restoration and have a go at transforming a pre-loved item of your own.

TUESDAYS 8th March - 12th April

DISCOVERABILITY

**COLOURING WITH
PROMARKERS**
10.00am - 12pm
for 6 weeks

Our latest Discoverability class is all about colouring. But this takes colouring to another level. Using high quality blendable pens, we will be learning how to add light and shade to your artwork to produce stunning results.



TUESDAYS 8th March - 12th April

NAIL ART

1.30 - 3.30pm
for 6 weeks

These nail art workshops have been created to show how much fun painting your nails can be! Amaze your friends and improve your self esteem in this fun and friendly group.

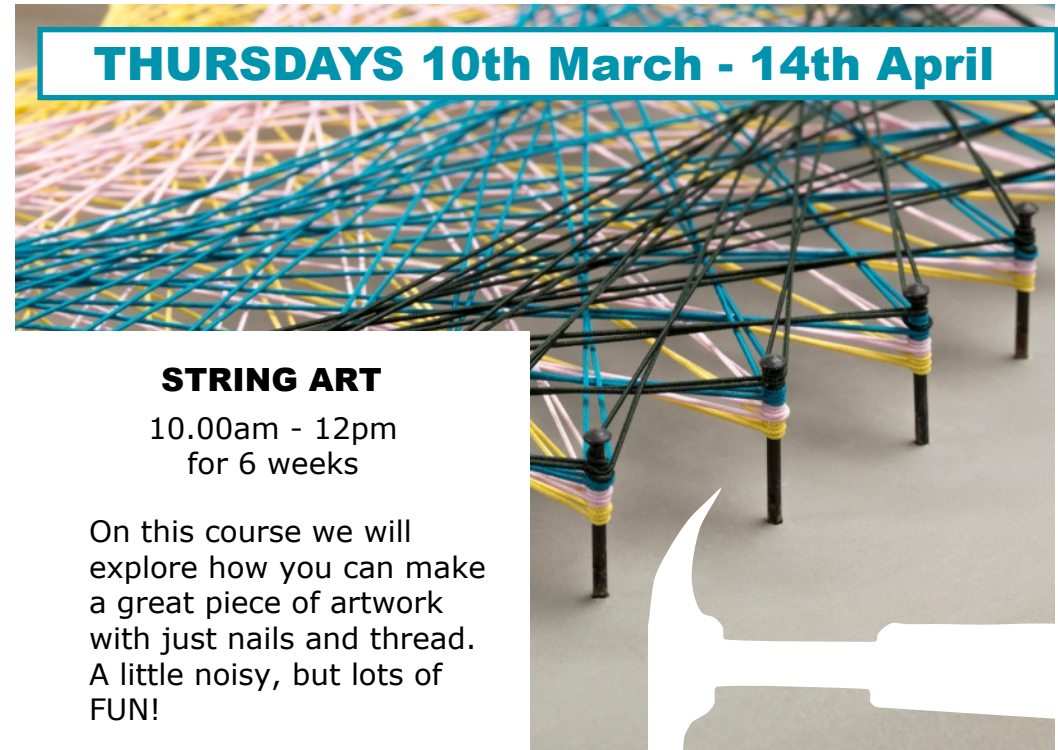


THURSDAYS 10th March - 14th April

STRING ART

10.00am - 12pm
for 6 weeks

On this course we will explore how you can make a great piece of artwork with just nails and thread. A little noisy, but lots of FUN!



WEDNESDAYS by appointment only

REIKI



Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is done by 'laying on hands' so that the life force energy can flow through and promote a feeling of well being.

Free of charge.

THURSDAYS 10th March - 14th April

JIGSAW CRAFTS

1.30 - 3.30pm
for 6 weeks

A new class exploring the art of altering old and unwanted jigsaw pieces to create new and beautiful things. Take home something to treasure.

