

Monday

1 pm

Coffee Drop-In

at

25 Trinity Street, Batley, WF17 7JZ or in Huddersfield in a cafe chosen by the group attendees

Wednesday

1 pm

Therapeutic Group

at

25 Trinity Street, Batley, WF17 7JZ

Friday

1 pm

Cooking, Gardening, Walking, Social Skills Group as chosen by service users

at

25 Trinity Street, Batley, WF17 7JZ or in Kirklees community

Overview

Peer group sessions will run as and when agreed and co-produced

For further information about the therapeutic groups look at the next page

THERAPEUTIC SESSION DATES

OCT	NOV	DEC	JAN	FEB	MAR	APR
14	4	2	6	3	3	3
21	11	9	13	10	10	10
28	18	16	20	17	17	17
	25	23	27	24	24	24
		30			31	



What to expect

GROUP SESSIONS WILL RUN FOR 8 WEEKS AND MAY TAKE A BREAK IN BETWEEN TO COMPLETE THE TASKS FOR DEVELOPEMENT OF THERAPEUTIC GROUPS OR TEAM ANNUAL LEAVE. YOU WILL BE NOTIFIED OF THOSE DAYS.

YOUR SUPPORT WORKERS WILL BE SENDING A REMINDERS ABOUT THE GROUPS AND WILL BE ASKING FOR A CONFIRMATION SO WORK BOOKS ARE PRINTED AND ADJUSTED TO INDIVIDUAL REQUIREMENTS.

Group will usuly run in this order unless notified otherwise

1.INTRODUCTION TO UNDERSTANDING TRAUMA

2. INTRODUCTION TO RELATIONSHIP MANAGEMENT

3. INTRODUCTION TO EMOTIONS AND FEELINGS

4. INTRODUCTION TO ANGER

5. INTRODUCTIOTO MINDFULNESS

6. INTRODUCTION TO CONFIDENCE AND SELF-ESTEEM

7. NTRODUCTION TO ASSERTIVENESS

8. RE-CAP ON ALL TOPICS COVERED