

# BE HAPPIER, SLEEP BETTER, DO MORE AND FEEL MORE CONFIDENT

# 8

Fun  
friendly  
sessions

In just eight, enjoyable 90-minute sessions, this programme can help you make a difference to your life.

With the help of a FREE little book and expert guidance at each session, you'll be able to sort out your feelings when you're fed up, worried or hopeless and you'll learn skills that help you tackle problems in your life.

**You'll also meet new people and have a lot of fun!**

12 HOURS  
THAT CAN  
CHANGE  
YOUR  
LIFE

Want to know what makes you tick? This enjoyable, interactive session will help you understand your feelings and what to do about them!

I CAN'T BE  
BOTHERED  
DOING  
ANYTHING

We've all said this to ourselves when feeling down. This session helps you break out of the cycle and start to feel great again!



WHY DOES  
EVERYTHING  
ALWAYS GO  
WRONG?

If that thought sounds familiar, this session will teach you how to get control of your thinking and stop bad thoughts for good.

I'M NOT  
GOOD  
ENOUGH

How come other people seem so confident? Learn their secrets and get to like yourself again!

HOW  
TO FIX  
ALMOST  
EVERYTHING

This amazing session reveals the Easy 4-Step Plan – a way to fix your problems and achieve your goals that has worked for thousands of people (and there's an elephant).



THE THINGS  
YOU DO  
THAT  
MESS  
YOU UP

Get back in control of your eating, drinking, smoking, spending ... anything!

ARE YOU  
STRONG  
ENOUGH  
TO KEEP  
YOUR  
TEMPER?

This session teaches you everything you need to control your temper and improve your happiness and relationships.



10 THINGS  
THAT MAKE  
YOU FEEL  
HAPPIER  
STRAIGHT  
AWAY

The last session sums everything up and then shows you how to be happier, fitter and maybe even a bit slimmer very soon! (silly glasses provided)



Tim Iochyd Parc Caia  
C P B T  
Caia Park Health Team

Home  
Start

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Support and friendship  
for families

Next course is starting in January 2018 in The Salvation Army building. Childcare available on site.

Introduction session will be held on 17<sup>th</sup> January 2019 at 12.30 and this is where you find out if the course is for you and sign up to start ☺

If you would like to attend or to find out more about this course please ring the Home Start office on 01978 366 660 or text Lucie on 07341 567029.