

# IAPT Well-Being Course

IAPT (Improving Access to Psychological Therapies) are a team of Psychological Wellbeing Practitioners that specialise in helping people with common mental health problems such as anxiety. They are delivering 4 sessions at Dewsbury WomenCentre for you to attend in regards to your Well-Being. See details below

The aim of the course is to create a friendly informal atmosphere where during the four weeks participants will be able to reflect upon and explore your own wellbeing; looking at current coping strategies that support your wellbeing and collectively sharing ideas and tips for further improvements.

Goals: although this course is run with a flexible format, the goals of the course are to:

- Increase resilience
- Understand your own coping styles
- Develop new coping strategies
- Improve your mood and general wellbeing

Participants will not be expected to contribute anything they do not feel comfortable with, we understand group situations can feel daunting at first, but can offer great opportunities to learn from each other in a supportive environment

Sessions will begin on – Tuesday 17/10/17 @ 1.30-2.30pm  
Tuesday 24/10/17 @ 1.30-2.30pm  
Tuesday 31/10/17 @ 1.30-2.30pm  
Tuesday 07/11/17 @ 1.30-2.30pm

Venue- All sessions will be held at WomenCentre Empire House  
Dewsbury, 1<sup>st</sup> Floor-

To book a place on this course, or for further information please contact Sobiya Din on  
07590445846

[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)