

TRAINING, LEARNING & EDUCATION OPPORTUNITIES

Belfast Community of Interest Training & Education Subgroup

Course / Programme	Date, Time, Venue	Who's it for?	Registration
<p>Bend Don't Break Workshop</p> <p><i>Delivered by South Eastern & Western Health and Social Care Trusts in partnership with ASCERT</i></p>	<p>Thursday 7th December 10am - 1pm</p> <p>Via Zoom</p>	<p>Do you have times when things seem to get on top of you, you can't stop worrying, stressful situations are just too much, your mood is low? Then this workshop could be for you.</p> <p>This workshop is based on Bend Don't Break, a low intensity self-help tool to strengthen the building blocks of resilience. It is open to anyone over 18.</p> <p>What you will get from the workshop: Exploring the building Blocks of resilience; Gain an understanding of how our nervous system works; exploring resilient thinking skills.</p>	<p>Register Here</p>
<p>Self-Compassion: Why The Way We Talk to Ourselves Matters</p> <p><i>Delivered by South Eastern & Western Health and Social Care Trusts in partnership with ASCERT</i></p>	<p>Tuesday 14th November 10am - 1pm</p> <p>Via Zoom</p>	<p>There is good evidence that practicing self compassion can improve mental well-being. This workshop is open to anyone over 18 and will introduce self- compassion to participants, what it is and how to make the most of it, create the opportunity to experience some self-compassion exercises and offer some tools to keep the work going after the workshop.</p> <p>What you will get from attending the workshop: An introduction to self-compassion and the evidence behind it; a way forward to integrate self-compassion in your daily life.</p>	<p>Register Here</p>
<p>ASIST</p> <p>Delivered by Belfast Health & Social Care Trust</p>	<p>Thursday 23rd & Friday 24th November, 9am - 5pm each day</p> <p>HSC Leadership Centre, 12 Hampton Manor Drive, BT7 3EN</p>	<p>ASIST (Applied Suicide Intervention Skills Training) is a two day interactive workshop that prepares caregivers to provide life-assisting suicide first aid interventions using the Pathway for Assisting Life model. Taking part in suicide prevention training can be challenging, especially if you have been personally affected by suicide. If you have recently been bereaved by suicide, or experienced a recent suicidal crisis yourself, this may not be the right time for you to take part in the ASIST programme.</p> <p>You must complete the full two days of training.</p>	<p>Register Here</p>

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Substance Use Workforce Development Training <i>Delivered by Ascert</i>	Ongoing Programme of free Training for staff	Courses include: Understanding Alcohol, Understanding Illicit Drugs, Level 3 Certificate in Tackling Substance Misuse, Complexities of Cannabis, Parental Substance Misuse, Conversations on Recovery—Beginning Chance, Foetal Alcohol Spectrum Disorder. New courses available on Opioid Use and Understanding Spice & Synthetic Cannabinoids	see All courses ASCERT
Belfast Recovery College Prospectus <i>Delivered by Recovery College Peer Educators</i>	Ongoing Programme of free Training for members of the community in Belfast Both online and face-to-face	Recovery College courses running between November and January include: <ul style="list-style-type: none"> • Wellness Recovery Action Planning (WRAP) • Living with Anxiety • Discover the Recovery College - a Taster Session • Top Tips for Looking After Yourself • Volunteering, Wellbeing & Me • Introduction to Psychological Therapies • Living with Personality Disorder 	Tel: 028 9504 3059 or Email the College
Stress Control Classes <i>Delivered by HSCNI</i>	6 Weekly Sessions lasting 90 minutes Programmes starting in both November and January —see dates and times here Online	Stress Control is a 6 session Cognitive Behavioural Therapy (CBT) class for the most common mental health problems: anxiety, depression, panic, poor sleep and poor wellbeing. It is not group therapy and you will not be asked to share your personal experiences. The classes are currently delivered online with free access for anyone in NI.	Visit Stress Control NI

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