

TRAINING, LEARNING & EDUCATION OPPORTUNITIES

Belfast Community of Interest Training & Education Subgroup

Course / Programme	Date, Time, Venue	Who's it for?	Registration
<p>“SPOT” Suicide Prevention Overview Training</p> <p><i>Delivered by PAPHYRUS in partnership with Forward South Partnership</i></p>	<p>Wednesday 7th February 11am - 12.30pm</p> <p>Ballynafeigh Community Development Association, 283 Ormeau Rd</p>	<p>SPOT – Suicide Prevention Overview Tutorial : What EVERYONE needs to know. The key objectives are:</p> <ul style="list-style-type: none"> To understand the prevalence and impact of suicide To explore the language, and the challenges, when talking openly about suicide To recognise the ‘signs’ that may indicate someone is having thoughts of suicide To consider how we can all contribute to a suicide safer community. 	<p>Email emily.brown@forwardsouth.org to Register</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 & ASCERT</i></p>	<p>Tuesday 20th February 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>Register Here</p>
<p>Building Our Children’s Developing Brains</p> <p><i>Delivered by South Eastern & Western Health and Social Care Trusts in partnership & ASCERT</i></p>	<p>Tuesday 12th March 10am— 1pm</p> <p>Via Zoom</p>	<p>Building Our Children's Developing Brain is about supporting parents/carers to strengthen their children’s emotional awareness and self-regulation.</p> <p>The session will equip you with a range of tools, simple techniques and practical strategies which you can then use with confidence. Additionally, you will have access to a booklet and page tiger platform which can be shared with families.</p>	<p>Register Here</p>
<p>OCN Level 2: Understanding the Principles of Self-Advocacy</p> <p><i>Delivered by Inspire</i></p>	<p>Starting 5th Feb over two weeks: 2 sessions per week on Mondays & Tuesdays from 9:30am - 4pm Online</p>	<p>Offered as part of Inspire's Advocacy for All project— a free service for people 18+ who need support and information about mental health issues or concerns.</p> <p>This course is for service users and professionals to enable the learner to understand different types of advocacy, the advocacy relationship and how it may be used to resolve conflict.</p>	<p>Email hello@inspirewellbeing.org to register</p>

Course / Programme	Date, Time, Venue	Who's it for?	Registration
Substance Use Workforce Development Training <i>Delivered by Ascertainment</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.	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 January and March include: Wellness Recovery Action Planning (WRAP); Living with Anxiety; Compassion Fatigue; Top Tips for Looking After Yourself; Building Self-Esteem; Personal Independence Payments (PIPS); Living with Self Harm	Tel: 028 9504 3059 or Email the College
Bend Don't Break Workshop <i>Delivered by South Eastern & Western Health and Social Care Trusts in partnership with ASCERT</i>	Tuesday 16th January 10am - 1pm Via Zoom	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. 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. 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.	Register Here
Stress Control Classes <i>Delivered by HSCNI</i>	6 Weekly Sessions lasting 90 minutes Programmes starts Monday 4th March 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

TRAINING, LEARNING & EDUCATION OPPORTUNITIES