



Learning for Confidence and Better Mental Health

This FREE course aims to support you to improve your mental health and wellbeing through learning. This is a 10 week course and includes topics like mindfulness, creative arts, personal wellbeing, communication and confidence building, all delivered using a variety of learning activities. Courses are currently being held online via MS Teams, if you are concerned about joining an online course please contact us to discuss the support available.

If you are interested in joining this course please contact us via our online [GoLearn Referral Form](#), via email LALS.MentalHealth@Leics.gov.uk or by phoning FREEphone 0800 988 0308. All learners will have a short and friendly talk with a member of the team before enrolling.

Courses:	From:	To:	Delivery
Mondays	13:00	15:00	Online (MS Teams)
Tuesdays	13:00	15:00	Online (MS Teams)
Thursdays	19:00	21:00	Online (MS Teams)
Fridays	10:00	12:00	Online (MS Teams)

Mental Health Wellbeing Workshops

We also offer a range of FREE 2-hour online workshops on specific topics which explore ways to improve or maintain your wellbeing. You can enrol on these courses directly at www.leics.gov.uk/golearn or by calling us on FREEphone 0800 988 0308.

Course Code	Title	Date	From:	To
20BR807P	Journaling for Wellbeing	09/03/2021	18:30	20:30
20MH825P	5 Ways to Wellbeing	02/03/2021	18:30	20:30
20MT804P	Journaling for Wellbeing	18/03/2021	10:00	12:00
20SN811P	Loneliness: Get Better Connected	27/01/2021	10:00	12:00
20SN813P	Confident Communication	03/02/2021	13:00	15:00
20WG805P	Confident Communication	24/02/2021	10:00	12:00

CONTACT US FOR MORE INFORMATION AND TO ENROL

Call 0116 305 0820 or FREEphone 0800 988 0308
leicestershire.gov.uk/GoLearn /LeicsGoLearn

