

# Workshops this autumn/winter with



To book your place call: **01422 345154** OR email: [info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)



**Introduction to Chi-Kung: 17th November, 1.30-3.30 @ Studio rooms, 11 St James St, Halifax HX1 5SU**

In this practical introductory workshop we will learn how gentle, focused movement and controlled breathing can support positive mental health. Participants will gain the opportunity to take away basic exercises to practise in their daily life.

**Exploring psychosis: 28th November, 12.30-2.30, Voluntary Action Calderdale, Hall St, Halifax, HX1 5AY.**

In this workshop we explore personal experiences in a safe space using creative techniques and discussion as a way of making meaning from individual experiences.



**From a seed: 15th December, 10.30-12.30, Voluntary Action Calderdale, Hall St, Halifax, HX1**

Who am I? How does the aging process affect our identity? How can we build upon our identities as we grow? How can we manage change when our environment is changing around us? A creative workshop exploring ideas of personal growth using art and group discussion

**Lifestyle and mental health: 6<sup>th</sup> December, 12.30-2.30, Mytholmroyd Community and leisure centre, 30 Caldene Ave, HX7 5AF**

Having the right amount of sleep, taking time out, movement and eating well are known to have beneficial effects on our overall wellbeing. In this workshop we will explore how we can achieve a good balance of each in the context of our personal circumstances.



Healthy Minds is Calderdale's local mental health charity, led by people who have personal experience of mental distress. We believe that mental health is one aspect of a person's life, not what defines them. With kindness and respect, together we create and provide opportunities for people to understand and build on their strengths to better achieve what they want from their lives.

For more information visit: [www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)

Healthy Minds' workshop programme is supported by:

