

Whats happening ...

Living Life to the Full

If you feel you would benefit from learning self-help techniques to change negative thinking and feelings and skills in order to live your life to the full, then this 4 week (12 hour) free course is for you. Rolling programme, next course starts September 2010.

Arts/Crafts Group

Various creative arts activities (drawing, painting, photography, poetry etc.)
Every Wednesday 10 - 2pm at Mind GY.

Sports Group

Opportunity to try different sports within a group. The sessions are provided through Positive Futures at the Marina Centre Great Yarmouth, and a sports coach runs the sessions. Every Friday from 5-7pm. 50p charge per person per session..

Complimentary Health Therapy

Free 1-2-1 sessions - contact Sue for more details or to book.

Workshops

Living Life to Full	Thurs 23rd, 30th Sept	1-4pm	Mind
	Thurs 7th, 14th Oct		

Anger Management	Monday 4th, 11th, 18th Oct	1-3pm	Mind
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Seachange Arts Workshops (Manga Art, Drumming, etc)

Various arts workshops	Thurs 4th, 11th, 18th, 25th Nov	1-4pm	Mind
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Coming Soon—CHEW—5 week basic Cookery Skills—ring for details

To book a place or for more info call Sue Taylor, YPIM, Great Yarmouth

07919 490 731

Ongoing

There are all sorts of things that happen to make us feel sad, confused or not in control of our emotions... after all, we're only human!

Young People in Mind can help you to make sense of things when life does not feel as good as it might, and supports you to change negative thoughts or feelings which may be preventing you achieving what you are capable of.

We'll we make sure that you feel safe and valued. We will help you to decide what issues you would like us to work on together.

1-to-1 sessions—These usually start with a friendly chat, either at our centre or somewhere you feel comfortable. You are welcome to have someone with you if it helps. If you decide that we can help, you tell us how and we agree a plan together. 1-1 sessions are where you talk about things that are causing you problems and we will offer advice.

C-CBT—C-CBT is simply Cognitive Behaviour Therapy delivered by an interactive computer program. The interactive programme works with you, helping you to learn and understand techniques that you can use to change negative thinking and feelings. The C-CBT programme can respond to your needs and ensures that the learning is completed at a pace which suits you.



Young People in Mind

Great Yarmouth

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Support

Lowestoft Drop In –Thursdays 12noon to 3pm

Socialise with friends in a supportive and friendly atmosphere.

- Pool table
- Wii games
- Games and activities

Great Yarmouth Drop In - Tuesdays 1pm to 3.30pm

Socialise with friends in a supportive and friendly atmosphere

- XBOX
- Wii games
- Table Tennis
- Table Football
- Pool Table
- Additional CBT support

Group Activities—rolling programme of group activities

In the past the young people have written and published a poetry book, made films and cartoons, put on exhibitions of photography and art, played all sorts of sports and learnt cooking and living skills.....the future depends on you, and what you want to achieve!



C-Card issue centre. The Your C-Card Scheme gives **FREE condoms** to **young people** in Norfolk aged 13-25. You can access the service whether you're male or female and no matter what your sexuality is.