

BOOK NOW: Wellness College, Winter 2019/20

October start - Booking essential: moraywellbeinghub.org.uk



Course	Location	Times	Run in partnership / supported by
Living Life to the Full (LLTTF) - CBT based peer-support for change	Fochabers Institute	8-weeks 11am-12.30pm from Thursday 24th October	Moray LEADER & MADP supported event
Living Life to the Full (LLTTF) - CBT based peer-support for change	Forres or Findhorn, venue TBC	8-weeks weekday evenings TBC from End of January	Moray LEADER & MADP supported event
Parenting Matters - support by parents for parents	Phoenix Centre, Buckie	8-weeks 12.30-2.30pm TBC Mondays from End of January	MWH, Parent Network Scotland, Moray LEADER & MADP supported event
Parenting Matters - support by parents for parents	Lossiemouth TBC	8-weeks Time TBC from End of January	MWH, Parent Network Scotland, Moray LEADER & MADP supported event
Support your child with resilience & calm - learn techniques with fellow parents	Dunbarney House, Elgin	10am-1pm: Saturday 23rd November	MWH, Health & Social Care Moray, Moray LEADER & MADP supported event
Support your child with resilience & calm - learn techniques with fellow parents	Phoenix Centre, Buckie	10am-1pm: Saturday 14rd November	MWH, Health & Social Care Moray, Moray LEADER & MADP supported event
Peer2Peer: Peer-support essentials	Phoenix Centre, Buckie	10.30am-4.30pm: Monday 25th November	MWH, Health & Social Care Moray, Moray LEADER & MADP supported event
SIPP: Suicide Prevention Skills	Aberlour Community Centre	6-9pm: Tuesday 3rd December	MWH, Moray LEADER & MADP supported event
SIPP: Suicide Prevention Skills	Fochabers Institute	6-9pm: Wednesday 15th January	MWH, Moray LEADER & MADP supported event
SIPP: Suicide Prevention Skills	Forres or Findhorn, venue TBC	9am-12.30pm: Tuesday 25th February	MWH, Findhorn Foundation, Moray LEADER & MADP supported event
Mental Health Breakfast Briefing: Employment law & first aid principles - Employers and those who supervise or manage staff and volunteers welcome.	Inkwell, Elgin	8am-10pm: 18th November 2019 & 14th January 2020	MWH, AM Employment Law, Egin BID, tsiMORAY
SMHFA: Scottish Mental Health First Aid (accredited course)	Buckie, Phoenix Centre	9.15-4.45pm: 6 th & 13 th December 2019	MWH, Health & Social Care Moray
SMHFA: Scottish Mental Health First Aid (accredited course)	Forres or Findhorn, venue TBC	9.15-4.45pm: 21 st & 22 nd January 2020	MWH, Findhorn Foundation