



Education & Skills
Funding Agency



FREE

TRAINING COURSES

for all County Durham residents aged over 19

1 DAY COURSES

Learning to Manage Stress

This course will help develop techniques on how to cope with stress. It will look at stress and its causes.

Introduction to Child and Adolescent Mental Health

This workshop explores the concept of mental health and supports you to recognise the contribution we all make to children & young people's mental health.

Tackling Destructive Thoughts

This course looks at negative thought patterns and how they can be challenged.

Improving Knowledge Around LGBT+

This course is aimed to promote understanding and awareness of LGBT+.

Managing Disruptive Behaviours

This course will look into the different behaviours and possible links to mental health. It will show how those behaviours can be viewed differently

Improving Knowledge Around Suicide

This course will develop a basic awareness of how to work safely to support people who experience thoughts of suicide.

Understanding Loss and Grief

This course will touch on techniques to help those who have suffered loss and grief.

Improving Well-being

This course will help you to improve your well-being and support others around you.



2 OR 3 DAY COURSES

CHAMP

Change, Heal And be Mentally Prepared - This three-day workshop looks at mental health through stress awareness, anxiety, and depression.

Managing Depression

This three-day course will support you to understand yourself and what will help you to keep connected.

Supporting Mental Health with Long Covid

This 7 hour course will look into how mental health has changed through living with long Covid.

Building Family Resilience

Exploring resilience and the ability to bounce back from adversity, giving families the confidence to overcome difficulties.

Understanding Children with Autism, PDA, or ADHD

This three-day course will look at Autism, PDA, and ADHD in great detail and how it effects children.

If you would like to know more or want to register on to a course, then please get in touch and we will be happy to help.

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