

# Take a positive approach to looking after yourself

**Do you want to rediscover your strengths and increase your ability to cope and live well?**



**This free six session course covers topics such as:**

Managing stress, fatigue and getting better sleep

Mindfulness

Dealing with setbacks

Communication and relationships

Getting active, creative and eating well

Using your strengths to make you happier

*"I feel I am now armed with a toolbox kit – full of techniques and strategies to help me cope better"*

*"From nerve racking, fear of the unknown, sad and scared to happy joyful, pleasant, hopeful and positive"*

*Quotes from attendees of Blandford Hope Course 2023*

## **FREE SIX SESSION COURSE**

**DATES:** Thursday 30th January 2025  
6th, 13th, 27th February 2025  
6th, 13th March 2025

**TIME:** 10.00am - 12.30pm

**VENUE:** Allendale House  
Hanham Road, Wimborne BH21 1AS

**To book your place please contact:**

**0300 111 3303 or Esther on 07816 087 109**



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