

# Better Mental Health – Funded Timetable

At KPG we support thousands of people each year through our services, which include supporting mental health literacy across the borough.

**Sandwell residents and businesses – You are welcome to join us. No costs involved!**

Book on and come along to our 'Two-day MHFA course' (Mental Health First Aid) and 'PLUS programme' (Positive Lives Using Skills).

Our focus is on inclusion and ending stigma 'Promoting positive health and wellbeing' in a relaxed informal atmosphere.

## Mental Health First Aid (MHFA)

Held at KPG, Hope Place, 321 High St, West Bromwich  
Or Online Two full days

MHFA is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. It will not teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis and potentially stop a crisis from happening. You will learn to recognise warning signs of mental ill health and develop the skills to approach and support someone.

Monday 10th and Tuesday 11th October 2022 **Hope Place**  
Wednesday 2nd and Thursday 3rd November 2022 Online  
Monday 14th and Tuesday 15th November 2022 **Hope Place**  
Tuesday 10th and Tuesday 17th January 2023 **Hope Place**  
Tuesday 31st January and Wednesday 1st February 2023 Online  
Wednesday 15th and Thursday 16th February 2023 **Hope Place**  
Tuesday 14th and Wednesday 15th March 2023 **Hope Place**  
Tuesday 21st and Wednesday 22nd March 2023 Online  
Monday 17th and Tuesday 18th April 2023 **Hope Place**  
Wednesday 10th and Thursday 11th May 2023 **Hope Place**  
Monday 22nd and Tuesday 23rd May 2023 Online

## PLUS (Positive Lives Using Skills)

Held at KPG, Hope Place, 321 High St, West Bromwich. Weekly modules over 10 weeks that are two hour face to face sessions.

Each module links and follows onto the next one. You will gain so much more from this programme if you can aim to attend as many sessions as possible. Each module is Continuing Professional Development standards certified.

Each session will involve a different module:

- Managing Stress
- Managing Anxiety
- Challenging Unhelpful Thinking
- Managing Low Mood and Depression
- Effective Communication and Assertiveness
- Managing Frustration and Anger
- Sleep Hygiene and Relaxation
- Confidence and Self Esteem Building
- Embracing Joy and Happiness
- Wellness Planning

This programme will give you a deeper understanding of emotions and will equip you with a self-management portfolio, full of coping strategies and techniques that will allow you to make positive changes for a happier, healthier life.

Thursday 10th November 2022  
Thursday 17th November 2022  
Thursday 24th November 2022  
Thursday 1st December 2022  
Thursday 15th December 2022  
Thursday 22nd December 2022  
Thursday 5th January 2023  
Thursday 12th January 2023  
Thursday 19th January 2023  
Thursday 26th January 2023

## ASIST (Applied Suicide Intervention Skills)

Held at KPG, Hope Place, 321 High St, West Bromwich  
Or Online Two full days

A two-day programme. A skills building workshop that prepares caregivers to provide suicide first aid interventions. Worldwide recognised LIVIGNWORKS accredited product.

Monday 27th and Tuesday 28th February 2023.

**For more information about any of our training service contact us on:**

**[Training@kaleidoscopeplus.org.uk](mailto:Training@kaleidoscopeplus.org.uk)**

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