

# Sheffield IAPT

working together to improve your wellbeing

## Courses coming up near you!

Course Name	Date	Time	Location
Living Well With Pain	Wednesday 12th June	13:30-16:00	Fairlawns Medical Centre
Anxiety & Worry	Tuesday 9th April	10:00-12:00	Fairlawns Medical Centre
Anxiety & Worry	Friday 10th May	14:00-16:00	Fairlawns Medical Centre
Anxiety & Worry	Wednesday 5th June	14:00-16:00	Zest Centre
Anxiety & Worry	Tuesday 25th June	10:00-12:00	Fairlawns Medical Centre
Low Mood	Wednesday 1st May	14:00-16:00	Zest Centre
Low Mood	Tuesday 14th May	10:00-12:00	Fairlawns Medical Centre
Low Mood	Friday 14th June	14:00-16:00	Fairlawns Medical Centre

## Courses coming up in Sheffield City Centre!

Living Well After Cancer	Tuesday 7th May	10.00 - 12.30	Cathedral
Living Well with COPD	Monday 3rd June	13.30 - 16.00	St Georges
Living Well with Diabetes	Tuesday 18th June	17.00 - 19.30	Argyll House
Living Well with IBS	Tuesday 30th April	17.00 - 19.30	Argyll House
Stress Control for Long Term Conditions	Monday 27th May	13.30 - 15.00	Quaker Meeting House
Stress Control	Tuesday 23rd April	18.30 - 20.00	Central United Reformed Church
Stress Control	Thursday 16th May	17.30 - 19.00	St Marys Church
Stress Control	Tuesday 11th June	18.30 - 20.00	Central United Reformed Church
Mindfulness for Health	Wednesday 5th June	9.00 - 12.30	St Georges
First Steps in Mindfulness	Thursday 18th April	17.30 - 19.00	St Marys Church
First Steps in Mindfulness	Thursday 6th June	17.30 - 19.00	St Marys Church
Big Pain	Wednesday 29th May	17:30-19:00	St Marys Church
Living Well With Pain	Thursday 18th April	10:00-12:30	Cathedral
Living Well With A Long Term Condition	Tuesday 30th April	13:30-16:00	Cathedral
Living Well With A Long Term Condition	Tuesday 18th June	13:30-16:00	Cathedral

**\* Please note that all courses are available to book online @ [iaptsheffield.shsc.nhs.uk](http://iaptsheffield.shsc.nhs.uk) and they are open to book on 6 weeks before they start!**