

WELLNESS FOR LIFE ACADEMY

Summer School 2018



Workshops take place from

**TUESDAY
1 MAY**

to

**TUESDAY
21 AUGUST
2018**



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 www.bradford.ac.uk/wellness-academy

WELLNESS FOR LIFE ACADEMY WORKSHOPS

We are offering workshops on a variety of mental health issues and how to cope with them. These will be delivered by mental health practitioners at the University of Bradford and elsewhere.

OPEN INDUCTION

We are holding an Open Induction Day on 1 May 2018

WORKSHOPS

Held on various dates between May and August 2018.
Details are available online.*

Moving Forward

Getting on in the Community

Creative Group courses

Wellness Recovery Action Plan (WRAP)

Making Sense of Unusual Experiences

Experts by Experience

Theory and Practice of Mindfulness

Depression and Anxiety

***PLEASE VISIT THE WEBSITE FOR FULL DETAILS:**

🖱️ www.bradford.ac.uk/wellness-academy