



The Royal Borough Mental Health Recovery Service

Buckinghamshire Mind is pleased to announce a new education and recovery service for people living in Windsor, Ascot and Maidenhead.

The service will be open to anyone who is on a journey of recovery from mental health concerns and has or is experiencing challenges to their mental health, physical and emotional wellbeing. You might be on a recovery journey due to a diagnosed or undiagnosed mental health condition, recovery from addiction, homelessness, trauma, or abuse.

The service will offer a wide range of free courses where we will support you to be inspired to embark on an exciting journey of self-discovery. There will be a focus on helping you understand your mental health and develop awareness of your personal coping strategies, as well as an opportunity to feel part of an understanding support network with other people that attend.

Courses will be running in person and online between May 2023 and March 2024.

You can attend whichever topics you're interested in.

Topic list:

- Improving mental wellbeing
- Coping with stress
- Coping strategies
- Building confidence
- Assertiveness
- Discovering self-compassion
- Managing difficult emotions
- Positive problem solving
- Understanding anxiety
- Understanding social anxiety
- Understanding panic
- Understanding depression
- Understanding mental health medication
- Coping with celebrations & anniversaries
- mindfulness
- Getting a good night's sleep
- Owning recovery
- Supporting others' mental health
- Boundaries
- Bereavement & loss
- Being mentally healthy at work/when volunteering

Topic 4

Building Confidence

There are lots of experiences that can affect our confidence and self-esteem but it's important to remember that we have the right to feel good about ourselves. Building confidence and self-esteem can take time and practice but there are lots of things we can try to improve the way we feel about ourselves and our abilities.

In this session we consider what self-esteem means to us as an individual and explore different strategies that might help to build confidence.

In person @ Maidenhead Library

4th July 2023

10am-1.30pm

Online:

12th July 2023

9.30am-1pm

[Book your free place here](#)

For more information visit
bucksmind.org.uk or call us on
01494 463364

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Topic 5

Assertiveness

Assertiveness is a skill that helps us to communicate how we feel and what we need whilst also respecting the feelings and needs of others. If we struggle with assertiveness it can affect our confidence, self-esteem and mental wellbeing.

In this session we'll consider the difference between passive, assertive and aggressive communication styles, explore strategies for developing our assertiveness skills and consider how this might support our wellbeing.

**In person @
Maidenhead Library
20th July 2023
2pm-5.30 pm**

**Online:
25th July 2023
9.30am - 1.00pm**

[Book your free place here](#)

Dates for the next set of topics will be advertised soon.

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