

Manchester Mind Training Calendar (Sep-Dec 2019)

2019 Course Calendar	Sep	Oct	Nov	Dec	Price
Mental Health Awareness Half Day (9.30am-12.30pm)	12	22	25		£75 + Vat
Managing Mental Health in the Workplace 1 Day (includes Mental Health Awareness)	12	25	26		£125 + Vat
Wellbeing at Work Half Day (9.30am-12.30pm)	11	23	27		£75 + Vat
Wellbeing Taster Module – Mindfulness 2 Hours (pm)	10	23	27		£25 + Vat
Mental Health & Supporting Colleagues 1 Day (includes Mental Health Awareness)		24	28		£125 + Vat
Mental Health & Supporting Young People 1 Day			25		£125 + Vat
Mindfulness for Stress 8 Weeks (2hr Twilight Sessions)	Start 17, 24,	1, 8, 22, 29,	5, 12 End		£225 + Vat
Mental Health First Aid (Adult) 2 Days	24-25	21-22	25-26		£250 + Vat

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