YMCA urges you to 'be the best that you can be' during Stress Awareness Month

Wednesday 19 April, 2017

LIMITED places are still available for a YMCA-led course that urges people to 'be the best that they can be' at venues in Grimsby and Immingham.

The Realise Your Potential programme is designed to support people aged 19-plus to increase their confidence and self-esteem.

Specially-designed community learning workshops will be held at the Warehouse on Freeman Street, Grimsby and at the Bert Boyden Centre in Immingham.

Courses will run from the end of April through until the end of June.

The courses start during Stress Awareness Month and representatives of YMCA are looking to increase public awareness about the causes and cures for the modern stress epidemic.

Realise Your Potential is designed for people that suffer from stress or low moods.

The aim is to open their minds to the prospect of building a positive mindset.

This will then provide them with the skills to lead a happier, more rewarding life.

Alongside this, a Lifestyle Support Worker will provide guidance to support achieving personal goals and aspirations.

John Manton is YMCA Humber's Contracts Manager and he spoke about how the course looks to positively impact people's lives.

He said: "The course is part of Department of Education national research project to see whether short community learning courses can have a positive impact on people's mental health and well-being.

"It is aimed at people 19-plus years who can either suffer from one or more of a range of issues such as worrying, anxiety, low mood, stress, lack of sleep or struggle with low confidence or low self-esteem."

The workshops are designed to be an enjoyable, rewarding learning experience that focus on the following topics:

- Learning About Yourself
- What Makes Us Tick?
- Making New Connections
- Activating Mind and Body
- Being Mindful
- A Celebration Event and Reflection

The courses will run over six weekly three-hour sessions held between 9.30am and 12.30 pm and they will be held at The Warehouse on Freeman Street in Grimsby (Fridays: 28 April; 5, 12, 19, 26 May & 9 June) and at the Bert Boyden Centre, Immingham (Tuesdays: 9, 16, 23 May & 6, 13, 20 June). There are a maximum of 12 places per course.

For more information or to book on to the course, please visit http://www.ymca-humber.com/health-wellbeing/realise-your-potential/ or call John Manton on 01472 359 621 or email john.manton@ymca-humber.com

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Scan Me:

Company Contact:

YMCA Humber

T. 07898476710
E. jonathan.byrne@ymca-humber.com
W. https://www.ymca-humber.com

Additional Contact(s):
info@ymca-humber.com

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