

Moving forward with Confidence

Making Your Experience Count



Mental Health Services



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Moving forward isn't easy

Many people experience times in their lives when they are unsure how to move on. This could be due to illness, depression or circumstance. It can then lead onto a loss of confidence, self esteem and anxiety.

It may also be that it is difficult to know what to do with the time available – perhaps not knowing what is on offer or there may be worries about failure

The Group

The aim of the group is to help you become more independent and more able to live confidently in your community. It also aims to provide an enjoyable and supportive atmosphere where you can explore options and ideas with others.

Further hopes include –

- improving opportunities in order to help with lifestyle choices,
- learning to value your personal experience and identify your skills and strengths,
- encouraging conversation on a range of topics and in different settings,
- planning and preparing for the next step.

Topics covered:

- Getting to know one another
- Looking at experience and what you have learned from life
- Goal setting and forward planning
- Assertiveness and communication skills
- Anxiety and stress – how does it affect you
- Understanding information and using the community
- Coping strategies and organising time
- Getting out and facing the fear –gaining confidence in the community.

Each course will have a core range of subjects but there will be scope to tailor the group to meet the needs of most people as it progresses. It could go in the direction of increasing your social confidence or alternatively help you to go back to college or work (paid or unpaid)

What to do next

If you are interested in joining the group fill in the reply slip and return it to us. We will respond as soon as possible and either meet you before the group or offer you a place on the course when a space becomes available. There is usually at least two months to wait.

I am interested in joining the **Moving forwards with Confidence** group.

Mr/Mrs/Miss/Ms (Delete as applicable)

Name:.....

Address:.....

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Post code:.....

Tel No.....

Date:.....

I am more interested in (tick box)

- Social confidence training
- Getting to work or college