RECOVERY COLLEGE

YOUR MENTAL HEALTH MATTERS

Do you sometimes feel worried, stressed or lacking in confidence?

Portland Pathways is working in partnership with the Nottinghamshire Healthcare NHS Foundation Trust to deliver a Recovery College course that will help you better understand your own mental health, develop ways to manage your well-being and resilience, increase confidence and get the most out of future opportunities.

FREE COURSES IN MANSFIELD, ASHFIELD & WORKSOP

Courses start throughout the year. Each course is one day a week for five weeks from 9.45am-2.45pm.

Topics include:

- **Anxiety and Stress Management**
- **How to budget**
- **Motivation and achieving goals**
- **Managing change**

Portland Pathways

@portlandcollege

www.portland.ac.uk

IN PARTNERSHIP WITH NHS Nottinghamshire Healthcare NHS Foundation Trust

To find out more about our courses, enrol and book your place, contact the **Portland Pathways Team**
T: **01623 499193** E: **pathways@portland.ac.uk**

OUR LOCATIONS

Pathways @ Sutton
Waterfield House, 10B Outram Street, Sutton-in-Ashfield, Nottinghamshire, NG17 4AX

Pathways @ Mansfield
Advice Hub, 16 Regent Street, Mansfield, Nottinghamshire, NG18 1SS

Pathways @ Worksop
The Crossing Church & Centre, Newcastle Street, Worksop, North Nottinghamshire, S80 2AT