

WORKSHOPS

Mindfulness, Music and Wellbeing

Have you heard of how music can help promote wellbeing? COPE has developed a new wellbeing workshop looking at how we can use music to be in the Now and also to promote wellbeing. This is run over 2 days:

Monday 21st March and Monday 4th April
10.30am-12.30pm

Auricular Acupuncture for well-being

COPE offer courses in Auricular Acupuncture a specialised complementary therapy that enables the body to restore its natural energy balance and improve general well-being. Come in and have a chat with Fiona about what it involves and if it's right for you.

The next course starts Wednesday 7th March 10.30am-12.30pm

You Care We Care Carers wellbeing Café a chance to make time for you

Thursday 18th February: 10.30am-12.30pm

Aromatherapy and use of essential oils

Come and experience aromatherapy and learn some techniques to use at home to help relax and destress and have a better night's sleep

Monday 8th February 11am-1pm
Monday 14th March 11am-1pm

Friends and Family head Massage

Come and learn some useful techniques for head massage and enhance your well-being by reducing stress and tension

Thursday 4th February 10.30-12.30
Thursday 3rd March 10.30-12.30

Confidence workshop

Have you ever wanted to learn to be more confident in situations, this fun course gives you techniques which will help you be more confident and believe in yourself. You are a special human being don't let self-doubt hold you back from your dreams. This is run over 2 days:

Monday 1st February 9.30-2.30pm and
Monday 8th February 9.30am-2.30pm

Monday 29th Feb 9.30-2.30pm and Monday
7th March: 9.30am-2.30pm

Monday 21st March 9.30-2.30pm and
Monday 28th March 9.30am-2.30pm

SafeTALK (FREE thanks to A partnership between NW Locality of Glasgow HSCP and COPE Scotland)

Learn how to provide practical help to persons with thoughts of suicide,

Tuesday 16 February 9.30am-12.30 pm

20 Drumchapel Road
Drumchapel
Glasgow G15 6QE
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Follow on @COPEScotland

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WELL- BEING WORKSHOPS AT COPE SCOTLAND

We all need to look after our self in these stressful times. These workshops are aimed at improving wellbeing, promoting self-management, and nurturing resilience to life's inevitable knocks.

As well as a chance to have some fun! They are all FREE thanks to funding from GCC IGF, VAF, VAW and the self- management impact fund



Wellbeing workshops

Why is well-being important?

Our wellbeing is really important if we are to deal with all the things life can throw at us. But it's also important for how we feel inside:

- Content
- Curious
- Engaged in what is going on around us
- Enjoying life
- Getting the most from relationships
- Supporting our mental health
- Supporting our physical health
- Supporting our emotional health
- Supporting our social health
- Having goals and achieving them
- Staying calm in a crisis
- Rolling with life's knocks
- The list goes on

What COPE Scotland offers

- One to one support
- 8 week Mindfulness courses
- Mindfulness Practice
- Confidence building courses
- Head massage workshops
- Aromatherapy workshops
- Mood and music
- Craft café
- Relaxation techniques
- Lifestyle advice
- Self-management advice
- Support back to work
- Volunteering opportunities
- Support for Carers
- And more



Wellbeing workshops

COPE Scotland offer wellbeing workshops which people who are not accessing one to one services can also come along to as suits their needs.

We offer the FREE wellbeing workshops as we recognise not everyone may have time or want to engage with services on a one to one basis, they may just want to come along to something informal with a friend or member of their family and find out a bit more about how to look after their wellbeing

All of us, have needs, if those needs aren't met, we can develop all sorts of issues, looking after our wellbeing doesn't guarantee life won't throw us a curved ball, it just means if life does prove challenging sometimes we are more able to ride the waves

The following workshops are available until 31st March 2016, we hope you join us. Let's make 2016 a year of kindness to ourselves and others

If you would like to know more about any of the services, workshops or courses listed please give us a phone on 0141 944 5490 or e-mail andrew@cope-scotland.org

For more information phone 944 5490, e-mail info@cope-scotland.org we are based at 20 Drumchapel Rd G15 6QE

Comments from workshops include:

- Friendly atmosphere
- Very relaxing
- Lost some of my worries
- Liked getting together with other people
- My mood lifted
- I am taking more control of my health
- I am sleeping better
- I feel more able to deal with stress
- I now know how to look after me as well as everyone else
- Team are well qualified and experienced
- I have changed my diet
- Others have seen the change in me too
- As a result of feeling more confident, I have registered for a college course