



LIFELINE PRESENTS

Join the movement!!!

DISTRESS MUST FALL

A SERIES OF SHORT WORKSHOPS ON RESOLVING DISTRESS

Distress: is when you are not ok, at a loss, unable to cope or function optimally; because of some problem, situation, condition, incident or crisis

So, the workshop helps you:

- If you **know** [with insight and understanding]
- You can **commit** to proactive action
- **Enable and empower** yourself to manage these life skills [live and enjoy]

SHORT 3 HOUR WORK SHOPS # **THURSDAYS FROM 17.30 TO 20.30**
 # MAXIMUM 35 PARTICPANTS SO **BOOKINGS ARE ESSENTIAL**
 # VENUE; CORNER OF SHREINER AND LEEUKUIL STR, DUNCANVILLE
 # COST **R300-00** PER PERSON [BY EFT OR AT THE DOOR]

DATE	TITLE
13 JULY 2017	STRESS: Know the dynamic and process of stress; how it impacts, how to counter its debilitating effects, and to build resilience.
27 JULY 2017	ANGER: Understanding anger as an emotion, when it is destructive, its impact, and how to manage it.

Note: see the ongoing schedule of dates and topics overleaf

CONTACT DETAIL: George

Office: 016 428 1740

E-mail: training@lifelinevaal.co.za

Banking detail: Nedbank; Vanderbijlpark; Br: 174837 Acc: 174 832 0754

FURTHER TOPICS AND DATES

DATE	TITLE
10 AUGUST 2017	SMART STUDY: Approaches, methods/techniques and guides to effective studying, including goal setting, and guides to writing exams
24 AUGUST 2017	DEPRESSION: Understanding depression, how it develops and how to combat it.
7 SEPTEMBER 2017	SELF ESTEEM: The key to effective functionality, and being well. Guides to build self image
21 SEPTEMBER 2017	RELATIONSHIPS: A hands on approach to understand relationships, and how to build and maintain them
5 OCTOBER 2017	TRAUMA: Understanding the process of trauma and managing recovery
19 OCTOBER 2017	ABUSE (AND BULLYING): Know what abuse is, why it happens, its impact, and remedies to prevent.
2 NOVEMBER 2017	UNDERSTANDING CHILD/TEEN DEVELOPMENT: Understanding the needs and behaviours in their growth.
FURTHER AND REPEAT TOPICS WILL BE SCHEDULED NEXT YEAR	

