

Endeavour House - Training News

Re: Develop

An opportunity to look at the way you handle stress and anger, explore your relationships, and understand anxiety and depression. A chance to improve your daily resilience through increasing your self-awareness and 're-wiring' your brain.

Re: Vive

A safe place to sort out the things in your life that hold you back! Personal development programme for those wanting to look at their self-esteem/self-belief, confidence, and mental wellbeing as well as explore the roots of behaviours. A chance to begin resolving past issues and make plans for the future in a safe and informal environment.

Stress Management

An opportunity to look at the way you handle stress and anger, learn day to day coping mechanisms, identify triggers and learn how to avoid them. Our workshops are a great way to rebuild confidence.

Re: Set

An opportunity to sort out fear, self-sabotage and find your inner oomph! Including understanding feelings, emotions, lifestyle habits, developing confidence and self-esteem. A great course that will leave you feeling uplifted and in control of your beliefs and values in a very positive way.

Mentoring & Coaching Level 1 & Level 2 available

Ideal for anyone wanting to move into working with people. Explore more about the way you tick, professional boundaries, limitations, responsibilities, solution focused and motivational coaching. Ideal for anybody looking to work with people.

For any information, please contact claire.baldock@shekinah.co.uk or matthew.sweet@shekinah.co.uk

Woman's Circle There is often an activity which is agreed by the group. Alongside that is conversation, laughter, and support. Information support with various networks available. Weekly safe space for woman to come and 'hang out' with other women.

Every Thursday 12.30-2 pm Contact Georgie 01803 203895 or Sally 07815167672

Monday

Training - Stress Management at Endeavour House with one of our Trainers/ Coaches, Time: 10am-3pm.

Yoga with Nina 6.30pm – 8pm

Tuesday

Training – Re-Set at Endeavour House with one of our Trainers/ Coaches, Time: 10am-3pm.

Smart Recovery 2.15pm – 4pm

Evening - Unleashed choir 8 –10 pm

Wednesday

Training - Re: Develop at Endeavour with one of our Trainers/Coaches, Time: 10am-3pm

Thursday

Unleashed Community Drama group with Martin Harris 10.15-12pm

Unleashed runs every Thursday at Endeavour House it's open to anyone in recovery of any sort. This is a very supportive and inclusive drama group. All welcome.
More info contact Martin 07792241356

Woman's Circle with Sally and Georgie 12.30-2.30pm

Woman empowering woman supporting woman through encouragement. See overleaf for contact info.

Friday

Training Re: Vive with one of our Trainers/Coaches - 10 am -3pm

(More Information on other side)

Smart Recovery 2.15-4.15pm

A support group that helps individuals seeking abstinence from addictive behaviours to gain independence and achieve recovery. More info please contact walnut lodge – 01803-604334

NA 7.30 - 9pm for more info please contact 0300 999 1212

Is a non- profit society of men and woman for who drugs had become an issue? No appointment needed.

PLEASE NOTE WE WILL NOT BE ABLE TO GIVE OUT REFRESHMENTS SO PLEASE BRING YOUR OWN....