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 **Learning and Development**

**Title:**  **Connect 5 - Making Mental Wellbeing Conversations Work**

**Audience:** This course is for those in the Adult and Children’s workforce who have an interest in understanding and supporting Mental Health and Wellbeing

**Description**: Connect 5 is a 3-session programme, underpinning the principal of “Making Every Contact Count.” The course will give you skills and confidence in having effective conversations about mental health and equip you with tools and techniques to prevent mental health deterioration. It covers a wide range of support you would provide to people around you from identifying mental health distress to taking appropriate action to address mental health issues.

**Objectives:** By the end of this course you will be able to:

* Change the way we have mental wellbeing conversations
* Understand the five areas model to a wellbeing conversation
* To practice the 3C’s of connected conversation
* Share strategies and techniques to support mental wellbeing
* Identify information of services and resources to support improved mental wellbeing

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| **Dates** | **Times** |
| 12,19, 26 Jan 2023 | 9.30am – 2.30pm |
| 7,14, 21 Jun 2023 |
| 27 Jun, 4, 11 Jul 2023 |
| 14, 21, 28 Nov 2023 |
| 18, 25 Jan, 1 Feb 2024 |
| 29 Feb, 7, 14 Mar 2024 |

**\*Delegates must attend all 3 dates to complete the course**

**Venue:** Castle Hill Centre, Castleton St, Bolton BL2 2JW

**Facilitator:** Learning and Development Team

**Price:** No Charge

**Booking Info:**. For the Bolton Council staff, please book your place via Oracle self-service. All other delegates, please use this link to complete a [nomination form.](https://forms.office.com/r/ciMc6PLBYj) Alternatively scan the QR code below.

**Cancellation:** To cancel your place, please notify the Learning and Development Team on 01204 337600 or email learninganddevelopment@bolton.gov.uk

You must cancel your place at least 2 weeks prior to the course date, otherwise the following charges will apply-

* 2 weeks or more – No Charge
* 1-2 weeks prior - £25.00
* The week of the training course Full Cost
* Non-attendance Full Cost

**IMPORTANT** - If your course is free of charge and you cancel within 2 weeks or do not attend, you will be charged £25.00

