

- 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 three 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

	Dates	Times
Course 1	2, 9 & 16 December 2021	9.30am – 2.30pm
Course 3	27 January, 3 & 10 February	9.30am – 2.30pm
Course 2	4, 11 & 18 March 2022	9.30am – 2.30pm

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

- Venue:** Castle Hill Centre, Castleton St, Bolton BL2 2JW
- Facilitator:** Janet Birchall & Sharon Wilson
- Price:** No Charge
- Booking Info:** External staff please email learninganddevelopment@bolton.gov.uk with the following information: course title, course date, your full name and your organisation name, full address and contact details
- 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