



Zest For Life Training Programmes

Presented by Professional Trainers

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CALENDAR OF EVENTS 2011/12

23/09/11..... Making Sense of Self Injury

21/10/11..... Managing Depression

**25 & 26/11/11.....Effective Strategies for working
with Childhood Sexual Abuse**

**27/01/12.....Dealing with, Panic Disorder,
Social Phobia, & Obsessive Compulsive Disorder**

25/02/12.....Building Self Esteem

23/03/12.....Introduction to CBT

**25&26/05/12.....Effective Strategies for Working
with Childhood Sexual Abuse**

For more Information

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