



Stress Busters

A one day training course in

Practical ways to help deal with stress and relax

For - Community workers and volunteers

The course will offer an opportunity to practice key skills and enable you to feel confident in using simple calming and relaxing strategies with clients/group members.

Content

This one day practical course will cover

- An introduction to Meditation and using Visualisation
- Simple clothed peer massage
- Working with affirmations
- Deep breathing
- Simple Yoga stretches

Date - **Friday 26th March 10 am - 3.30 pm**

Venue - Church of Christ -Station Road- Darnall -Sheffield

Cost - This includes a pack of affirmation cards and a CD

Paid staff - large organisations £40 - small groups £20.

Volunteers £10

Drinks will be provided but you need to bring your lunch.

Booking and enquiries peace.foundation@waitrose.com

or 0114 2308821 10am-6pm

www.peacefoundationnetwork.org