

DONCASTER COLLEGE

**Mental Health Workshops 2011 / 2012 – Imelda Deheer**

Aim: To provide and facilitate three individual mental health workshops for students, to run across the year on a Wednesday morning from 9.15am with one per month as seen below.

These will cover low self esteem, confidence building and anger issues run by Imelda Deheer.

Staff will be able to book students onto a workshop via an online booking system overseen by Mike Batty

<b>Date</b>	<b>Title</b>	<b>Location</b>
<b>2011</b>		The Hub.....
19 Oct	Levels of Self-esteem/Confidence Building	“
16 Nov	Exploring Anger as a Valid Feeling	“
7 Dec	Confidence Building	“
18 Jan <b>2012</b>	Levels of Self Esteem	“
22 Feb	Exploring Anger as a Valid Feeling	“
21 Mar	Levels of Self Esteem	“
18 Apr	Confidence Building	“
16 May	Exploring Anger a s a Valid Feeling	“

The workshops will provide aspects of learning in relation to some course requirements and will invite raising self awareness for students who could benefit in the above areas.

Staff briefing will be required to highlight the availability of workshops and the use of the online booking system.

Specific times and locations of workshops will follow at a later date.