

Other Pathways services available:

Groups : Freedom, You and Me, Mum, Self Esteem, Building Bridges.

Other Services: Counselling, NLP and Get It Right Perpetrator Programme.

For more information or if you would like to receive the Pathways quarterly newsletter which details new groups and relevant information please get in touch on 01226 731812.

Alternatively if you are an organisation that would like us to come and talk to you and your colleagues about what we can offer, just ask us.



PATHWAYS FAMILY
SUPPORT CENTRE

We can help

Living Life to the Full

**12 HOURS
THAT
CAN
CHANGE
YOUR
LIFE**

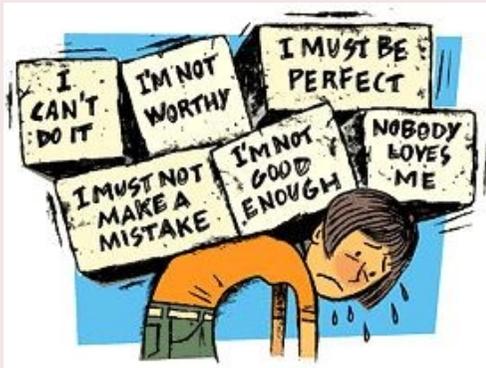
Recovery services
that help you get
back to being you.



Pathways Family Support Centre

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Barnsley
S70 2RN

Phone: 01226 731812
E-mail: Pathways.bdv@gmail.com
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Living Life to the Full

Living Life to the Full is a Lifeskills course for low mood, anxiety and other common difficulties.

It is based on the principles of Cognitive Behavioural Therapy (CBT) which aims to help you manage your problems by changing the way you think and behave. This form of therapy is commonly used to help treat anxiety and depression.

What to expect

The group runs for 8 weeks at 1.5 hours per week.

You will be with a small informal group in a safe and confidential environment, and each person will bring their own experience.

You will learn how to break down your own problems and change negative patterns. You will learn:

- How to work out why you feel as you do
- How to plan activities to feel better
- How to spot and change upsetting of self defeating thinking.

Its also an opportunity to meet new people and make new friends.

We will laugh together and there may be tears, but there will always be tissues, tea and plenty of reassurance..

What does the group cover?

- 1) Why do I feel so bad? - Introduction to principles of CBT and how to understand your feelings.
- 2) I cant be bothered doing anything— how to break out of this cycle
- 3) Why does everything always go wrong? - How to stop bad thoughts changing control and swap them for good thoughts.
- 4) I'm not good enough—learn the secrets of confidence people and how to build your own self esteem/
- 5) How to fix almost anything—a straightforward way to fix your problems and reach your goals.
- 6) The things you do that mess you up— Helping you get back in control.
- 7) Are you strong enough to keep your temper? Practical help to control temper.
- 8) Things you can do to feel happy straight away - How to see the positive side of life every day.

