

SAMARITANS

Boston, Lincolnshire

Boston Samaritans

Mental Health Awareness Workshop

20th September 2019 - 9.30am – 1.00pm

Len Medlock Voluntary Centre

St Georges Road

Boston

PE21 8YB

Start time 9.30am prompt
(coffee available from 9.15am)

Welcome and Introductions
Who we are what we do
Effective Listening and questioning skills
Barriers to Listening
Listening Wheel
Appropriate responses

- Coffee break

Ending Contacts
Skills Practice
Suicide Awareness
Men and Suicide
Dealing with Anger
Giving bad news
Support for self and others
Wrap up and Evaluation

Booking Form

Work shop – Mental Health Awareness**Date** - Friday 20th September 2019**Time** - 9.30am – 1pm**Venue** - Len Medlock Voluntary Centre, St Georges Road, Boston PE21 8YB**Cost** - £10 per delegate**Delegates Name and email address****Delegates Name and email address****Delegates Name and email address**

Enclose Cheque in the sum of

£10 per delegate

BACS payment:

Sort Code: 40-20-24

Account No.: 81842072

Booking form should be returned to either samaritansboston@outlook.com or

Boston Samaritans,
The LMVC
St Georges Road,
Boston
PE21 8YB

On receipt of booking form and payment delegates will be e-mailed
confirmation and programme.

Supported by**Residents Leading Change**