



Free training

## Free In-Sight Recovery Training for users and carers affected by bipolar disorder



**Do you want to manage your mood, develop your life skills, and plan for your well-being?**

### The Recovery In-Sight Centre

A comprehensive lifestyle development training

- **Topics include:** life skills, mood management, healthy lifestyle, and planning for wellbeing
- **Enables recovery** — effectiveness demonstrated in a PhD study undertaken at the University of Hertfordshire

**Insight Training:**

- Delivered by service users — who previously completed the training course and trained as trainers
- **Is free** — all materials and refreshments provided
- Requires trainees to attend focus group discussions before and after the course
- Held in our Hatfield offices
- Is limited to a maximum of 12 participants
- Next course (held over 16 Wednesday evenings) begins:

**Wednesday 6th January — 21st April 2010**

**6 - 9 pm**

**Contact us to find out more....!**

For further information  
please contact :

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