



“In-Sight” Training

A Free group-based comprehensive lifestyle development course

Saturday 4th September – Saturday 11th December 2010; in Watford

- **For:** People affected by mental health problems, users or carers. Includes mood management, developing a healthy lifestyle, life skills and planning for your well-being

Venue: The Main Hall, The Old Free School, St George’s Street, Watford, WD18 0BX

- **Parking:** Closest Car Park: Church Car Park, Watford.

Putting
Recovery
Values Into
Action

Now Enrolling!

- **Course:** 16 Modules split into 3 hour modules, delivered on Saturday mornings 10pm - 1pm. Commencing 4th September ending 11th December 2010
- **Obligation:** To attend 2 focus groups, pre and post course.

- First come first served basis
- Maximum of 15 people

The Recovery In-Sight
Centre

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Email:
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Our Trainers are:

**City & Guilds
Qualified**

Our Course is Accredited by:


Middlesex
University

Contact us today for further information and an informal chat

www.recoveryin-sight.com