



Zest For Life Training Programmes

Training For Therapists by Therapists

Presented by Professional Trainers

Hazel Marsden. Supervisor. MBACP (Accred) MIFL

Lena Bambrick. Supervisor MBACP (Accred) MIPD

CALENDAR OF EVENTS 2010

- | | |
|--------------------------|---|
| 18/09/10 | Making Sense of Self Injury |
| 01/10/10 | Building Self Esteem |
| 26 & 27/11/10 | Overview of Mental Health Disorders |
| 28 & 29/01/11 | Introduction to CBT |
| 11&12/03/11 | Effective Strategies for working with Childhood Sexual Abuse |
| 8 & 9/04/11 | Skills for Anxiety Management |

For more Information

**Tel Lena on 07818088314/ Hazel on 07894388371
or e-mail, info@zestforlifecounsellingsservices.com
www.zestforlifecounsellingsservices.com**