



**FDAMH**  
TRAINING ACADEMY

# CBT MENOPAUSE COURSE

## THERAPEUTIC LIFE SKILLS FOR MENOPAUSE

Whether you are going through **menopause, peri-menopause**, or just **experiencing similar thoughts and feelings** but not currently going through menopause, you are welcome to join. Facilitated by a qualified CBT Therapist, this course is available to all adults aged 16 or over.

### LEARN MORE ABOUT:

- Managing Stress and Anxiety, and how CBT skills can help you.
- Learning how our thoughts impact us physically, emotionally, and behaviourally.
- Challenging negative ways of thinking using CBT tools and techniques.




### WHY YOU SHOULD SIGN UP:

- ◆ The course teaches therapy skills, life skills, and tools for navigating difficult times.
- ◆ Ideal for those seeking therapeutic tools for mood swings and negative thinking.
- ◆ Understand more about how our thoughts affect our emotions, the control that we have around us, and how to build resilience.
- ◆ Helps take control of day-to-day worries and stress.
- ◆ Beneficial for those with a shift in mood or new onset of low mood, as well as those with longer-term depression.

Funded by  
CVS Falkirk



### DATE & TIME:

-  **Course 1:** Saturday 1st & 8th June 2024
-  **Course 2:** Saturday 7th & 14th September 2024
-  9.30 am - 12.30 pm

### VENUE:

FDAMH 173 Victoria Road  
Falkirk  
FK2 7AU

### TO ACCESS THIS COURSE:

- ▶ Scan the **QR code**.
- ▶ Email **[lisa.alexander@fdamh.org.uk](mailto:lisa.alexander@fdamh.org.uk)** to request a booking form.

