



Courses for improved Mental Health and Wellbeing

Our Positive Minds Courses are specifically developed to help improve emotional wellbeing, whilst learning something new and meeting people. Courses take place in community venues and provide the opportunity to identify and practise ways to cope and feel better. Our tutors all have empathy and experience in mental health and will support you to build your confidence.

January and February 2025

Art for Wellbeing

Using a variety of art techniques to aid relaxation and reduce stress, with the opportunity to try a range of paint, pastels and pencils to get creative, this course will help you to learn new ways to create pieces of art, find focus, and lose yourself in a world of creativity.

Course code	Venue	Day	Times	Dates	Duration
157	Audley Neighbourhood Learning Centre	Fridays	10.00am to 12.30pm	17/01/2025 to 14/02/2025	5 sessions

Sleep and Relaxation

Do you struggle with sleep or being able to unwind? Would you like to meet others, share tips and learn techniques to reduce stress and sleep more? Join our tutor to explore what makes us feel stressed, methods that can help us relax and what we can do differently to improve our sleep.

Course code	Venue	Day	Times	Dates	Duration
229	Bank Top Neighbourhood Learning Centre	Fridays	1.00pm to 3.30pm	17/01/2025 and 24/01/2025	2 sessions

Mindful Crafts for Relaxation

Did you know that spending time being engaged on a task can help reduce racing thoughts and a busy mind? On this course you will learn the basics of a few craft activities that you can use to help you relax.

Course code	Venue	Day	Times	Start Date	Duration
230	Audley Neighbourhood Learning Centre	Mondays	9.30am to 12.00pm	03/02/2025 and 10/02/2025	2 sessions

BOOKING ONTO A POSITIVE MINDS COURSE

To make sure your chosen course is right for you, we like to speak with you first. You can call us on 01254 507720, or book through the Blackburn with Darwen Adult Learning website.

After your initial booking, one of our Learning Advisers will contact you to arrange a pre-course telephone appointment.