

**Discovery College age 16-25**  
**Drop in taster 9th Jan 2.30—5.30 for**  
**staff carers and students**  
**Course starts Tue 16th Jan 2018**  
**7-9pm for 8 weeks**  
**Venue The Climbing Warehouse,**  
**Parliament St ,Gloucester GL1 1HY**  
**Express an interest overleaf or book a**  
**place 01452 894204**



## **Who can access the college?**

2gether NHS Foundation Trust are offering this opportunity to young people recovering from mental illness, such as psychosis, depression or anxiety aged between 16 and 25 who are registered with a GP in Gloucestershire and have received support with their mental health from NHS Services. If you are aged 16-18 you will need to be using a 2gether service **currently** like the GRIP team or CYPS.

## **What does the Discovery Course cover?**

Our course looks into how people who have experienced mental illness move on in their lives, discovering their strengths and abilities and the steps they can take to help build resilience and experience greater wellbeing.

Discovery is the journey we take when we begin to take charge of our lives after experiencing mental illness. Resilience is the ability to bounce back from the adversity that mental illness brings with it.

We will learn together about the effect mental illness has on us psychologically and physically, and then go on to explore proven tools which can give us hope and relief, and help us to heal and move on from these effects.

We will learn to use the best methods to encourage ourselves and others in the group, and to prevent relapse and build resilience. We will share our stories positively, learning about our own strengths and how to progress our hopes and dreams.

We will explore what makes people well by learning how to develop positive mood, how to engage with the world through positive relationships with others and ourselves as well as positive achievement.

No prior learning is required to attend the course, just a commitment to attend all the sessions. All materials are provided, as is pizza and hot drinks.

The course is led by young people with their own experience of Recovery and Discovery – Heather, Rozi, Steph and Darina

The course is free of charge

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**I am interested in Discovery College, please contact me**

**Name:**

**Contact number:**

**Contact e-mail:**

**Return slip to the member of staff who gave you this or Jackie Baker**

**18 Denmark Rd, Gloucester GL13HZ**