

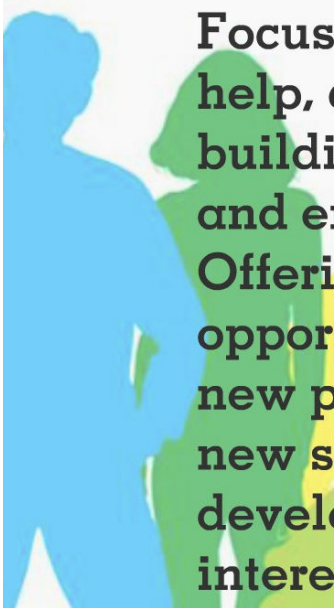
| Course Code | Course Title | Start Date | Location | Times | Weeks |
|-------------|--|------------|----------------|-------------------|-------|
| CMD2682Q | Wellbeing (Foundation Course) | 13/6/16 | Blandford | Mon 9:30-12:30pm | 5 |
| CMD2679Q | 3D Needle Felted | 13/6/16 | Weymouth | Mon 9:30-12:30pm | 3 |
| CMP2726Q | Explore Photography Workshop | 13/6/16 | Poole | Mon 1-4pm | 1 |
| CMP2648Q | Living Well: Creative Writing | 15/6/16 | Poole | Wed 6-9pm | 1 |
| CMB2658Q | Introduction to Mixed Media | 16/6/16 | Bournemouth | Thu 9:30-12:30pm | 3 |
| CMD2721Q | Explore your Interest in Photography | 16/6/16 | Dorchester | Thu 1-4pm | 1 |
| CMB2685Q | Textile Crafts | 16/6/16 | Bournemouth | Thu 6-9pm | 3 |
| CMD2665Q | Wellbeing (Foundation Course) | 17/6/16 | Dorchester | Fri 9:30-12:30pm | 5 |
| CMB2623Q | Wellbeing (Foundation Course) | 17/6/16 | Bournemouth | Fri 9:30-12:30pm | 5 |
| CMP2663Q | Introduction to Mixed Media | 21/6/16 | Poole | Tue 6-9pm | 3 |
| CMD2673Q | Nutrition for Wellbeing | 21/6/16 | Weymouth | Tue 1-4pm | 1 |
| CMP2739Q | Peace of Mind | 21/6/16 | EDAS Branksome | Tue 1-3pm | 5 |
| CMP2868Q | Living Well: Cake Decorating | 21/6/16 | Poole | Tue 6-9pm | 1 |
| CMB2863Q | Wellbeing (Foundation Course) | 21/6/16 | Bournemouth | Tue 1-4pm | 5 |
| CMD2856Q | Living Well: Creative Writing | 21/6/16 | Blandford | Tue 1-4pm | 1 |
| CMD2676Q | Mindfulness Doodling (Zentangling) | 23/6/16 | Blandford | Thu 6-9pm | 3 |
| CMP2727Q | Explore Photography Workshop | 27/6/16 | Poole | Mon 1-4pm | 1 |
| CMP2871Q | Living Well: Colour Therapy | 28/6/16 | Poole | Tue 6-9pm | 1 |
| CMD2722Q | Explore your Interest in Photography | 30/6/16 | Weymouth | Thu 1-4pm | 1 |
| CMP2667Q | Textile Crafts | 4/7/16 | Poole | Mon 9:30-12:30pm | 3 |
| CMD2680Q | 3D Needle Felted Animals | 4/7/16 | Weymouth | Mon 9:30-12:30pm | 3 |
| CMP2878Q | Textile Crafts | 5/7/16 | Blandford | Tue 6-9pm | 1 |
| CMB2659Q | Introduction to Mixed Media | 6/7/16 | Bournemouth | Wed 1-4pm | 3 |
| CMP2668Q | Textile Crafts | 6/7/16 | Poole | Wed 6-9pm | 3 |
| CMD2867Q | Living Well: Flower Arranging | 6/7/16 | Blandford | Wed 6-9pm | 1 |
| CMB2686Q | Textile Crafts | 7/7/16 | Bournemouth | Thu 6-9pm | 1 |
| CMD2864Q | Living Well: Creative Writing | 7/7/16 | Blandford | Thu 6-9pm | 1 |
| CMD2880Q | Wellbeing (Foundation Course) | 8/7/16 | Weymouth | Fri 13:30-16:30 | 2 |
| | Let Drama Play a Part | 8/7/16 | Dorchester | Fri 10-1pm | 1 |
| | Living Well: Creative Writing | 9/7/16 | Dorchester | Sat 9:30-12:30pm | 1 |
| CMP2728Q | Explore Photography Workshop | 11/7/16 | Poole | Mon 1-4pm | 1 |
| CMB2869Q | Living Well: Cake Decorating | 12/7/16 | Bournemouth | Tue 6-9pm | 1 |
| CMB2870Q | Living Well: Cake Decorating | 12/7/16 | Bournemouth | Tue 6-9pm | 1 |
| | Nutrition for Wellbeing | 12/7/16 | Blandford | Tues 12:30-3:30pm | 1 |
| CMD2881Q | Make Your Own Sketchbook | 13/7/16 | Blandford | Wed 6-9pm | 1 |
| CMD2865Q | Let Drama Play a Part | 13/7/16 | Blandford | Wed 1-4pm | 1 |
| CMB2649Q | Living Well: Creative Writing (Poetry) | 14/7/16 | Bournemouth | Thu 6-9pm | 1 |
| CMB2879Q | Textile Crafts | 14/7/16 | Bournemouth | Thu 6-9pm | 1 |
| CMD2723Q | Explore your Interest in Photography | 21/7/16 | Weymouth | Thu 6-9pm | 1 |
| CMD2866Q | Singing for Pleasure | 21/7/16 | Blandford | Thu 6-9pm | 1 |
| | Nutrition for Wellbeing | 26/7/16 | Dorchester | Tue 12:30-3:30pm | 1 |

If you think one of these courses could help you please complete the application form or contact Julia or Mary on **01202 262300** or visit www.skillsandlearningbdp.co.uk/living-well to complete an application form

Living Well

Free courses for people experiencing anxiety and depression who wish to improve their mental wellbeing.

1 in 4 people will experience a mental health problem at some point in their lives.



Focusing on self-help, confidence building, lifestyle and employability. Offering an opportunity to meet new people, learn new skills and develop new interests.

Our courses include;

Photography

Arts & Crafts

Creative Writing

Singing & many more

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