

Manna House

Counselling Service



Serving the Community

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Wellbeing Workshops

2025—2026



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www.mannahouse.org.uk

Improving Mental Health

The Manna House Counselling Service has been providing wellbeing courses across Northamptonshire in partnership with the Mental Health Northants Collaboration for a number of years through the Wellbeing Education Network.

Embark on a transformative journey toward better mental health and emotional balance with one of eight comprehensive wellbeing workshops and courses. Designed to empower you to navigate life's challenges with confidence and grace, each training opportunity focuses on a specific aspect of wellbeing, equipping you with practical tools and strategies that will enable you to cope with an everchanging world.

- Understand how to adapt and grow in the face of adversity and boost protective factors.
- Enhance self-awareness and develop skills for self-management.
- Connect with others who share similar experiences.
- Discover coping mechanisms, communication skills and emotional regulation techniques.

Enrol today and invest in your mental health journey!

Wellbeing Workshops

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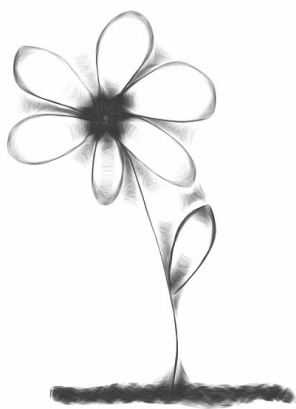
Wellbeing Education

The Manna House Counselling Service offers a comprehensive range of educational resources designed to support individuals with mental health and wellbeing challenges, as well as their families and carers.

Our resources, both face-to-face courses and digital content, focus on recovery, maintenance and enhancement of mental health and wellbeing.

Whether you're seeking to expand your knowledge, improve your mental wellbeing, or simply learn something new, our workshops and courses cater to a diverse audience. Co-written and co-delivered by experts in the field and individuals with lived experience, our resources embody a philosophy of shared learning.

Here are some key features of our training:



1. **Evidence-Based Content**

Our courses draw from the latest research and best practices.

2. **Holistic Approach**

We address various aspects of mental health and wellbeing.

3. **Expertise and Lived Experience**

Our trainers blend professional expertise with personal insights.

All our resources are accessible digitally or in a group setting.

Workshop Fees

We receive funding to run the courses free of charge here at the Manna House Counselling Service. Please ask for a copy of our latest course schedule.

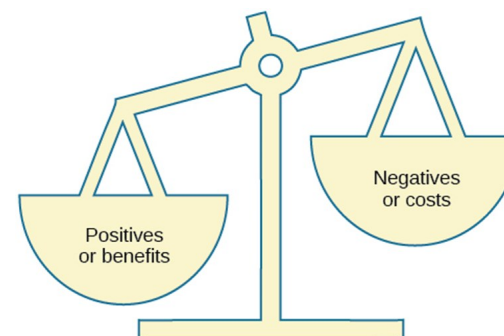
We are able to offer these courses to your staff or teams in person or online. If you would like to book any of the Well-Being Courses for your team or group the costs are £15 per person for each two-hour session based on a minimum of 8 attendees plus travel charges (or a course pack postage charge for online sessions). Frequency and length of sessions can be customized to suit your requirements.

How to Book a Group

For further details or discuss any special requirements contact the Training Team on 01604 633304

or email

mhcs@mannahouse.org.uk



Food and Mood

Training duration: 3 x 2½ hour sessions

The information you need to understand the impact and importance of diet for brain and mental health. The course covers the following:

- An overview of 6 food groups – carbohydrates, protein, fats, vitamins, minerals and fibre
- Meal and menu planning
- Eating well for less
- Eating habits and planning change
- Problematic emotional relationships and attitudes to food
- Making sense of additives

‘Excellent course material.’

*‘I have enjoyed doing the course. Everything is explained really well.
Everyone is given a chance to put across their thoughts.’*

‘The paperwork is clear, easy to follow and good to look back on.’

‘I liked the fact that it was done online.’



Stress & Emotional Resilience

Four sessions over 2 to 2.5hrs duration

Learn to recognize and manage the most common cause of mental and physical health issues – stress. Understand what it is and how it can be good for you!

What to expect:

Part 1: What is stress? Self-awareness and Managing Thoughts

Part 2: Safety behaviours; Relaxation; Mindfulness; Distraction; Healthy Lifestyle

Part 3: Life Balance; Prioritising; Routine; Structure; Time Management & Goal Planning

Part 4: Assertiveness, Interests, Hobbies & Social Support/Social Networks



‘This course has been both a challenge in a positive way and a support through some challenging family circumstances. Thank you for it very much.’

Anger Management

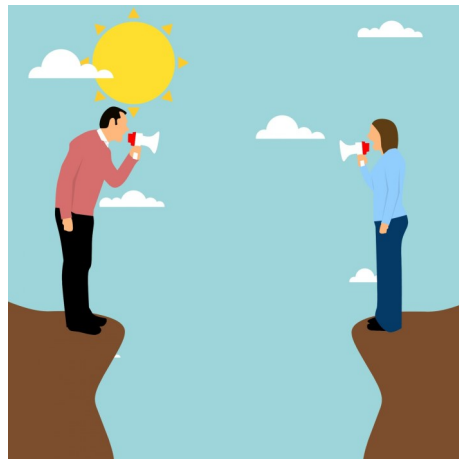
Training duration: 4 sessions x 2½hrs

This workshop aims to help gain a wider understanding of the causes of anger, and reduce the negative aspects of this feeling to improve your wellbeing, your relationships and all other areas of your life. The following areas are covered:

- Helpful / unhelpful expressions of anger and conflict management
- Effective communication
- Problem solving and decision-making skills
- Implementing change – dos and don'ts

The workshop aims to help you to improve your ability to understand anger so that it works for you rather than against you. You will develop the skills needed to gain self-control and resilience in the face of what can be a highly destructive emotion.

‘Very friendly, kind, down to earth facilitator as well as very knowledgeable. Everybody welcoming and approachable. Lots of helpful resources provided. Group discussion worked well but also a good amount of structure too.’



Self-Awareness

Training duration: 1 x 2½ hr sessions

In this brief workshop you will develop greater self-awareness which is helpful to navigating the various ups and downs of life. You will identify your strengths and ‘growing edges’, gain a better understanding of your personality type and be able to clearly identify things that are important to you.

A lack of self-awareness is related to all areas of life and you may be finding it hard to make progress.

Topics covered include:

- Strengths, values and needs - the things that are important to and *for* you
- Understanding your personality type
- Unhelpful thinking and irrational beliefs and how to change them
- The importance of emotional intelligence and how to make improvements
- Changing unhelpful safety behaviours
- Developing a personal plan of action



Life Transitions

Training duration: 3 x 2½hr sessions

Participants will explore the ins and outs of all kinds of change and learn:

- How to adapt to a variety of situations that involve change & loss
- Develop healthy coping responses to unexpected change and look at ways to make change happen
- Recognize and change unhelpful thinking patterns
- Develop and understand the importance of goal planning

'If information about the course would be available at younger age people could be enabled to live such a good lives!'

'I am feeling empowered and calm about my life.

AMAZING – THANK YOU! '



Anxiety

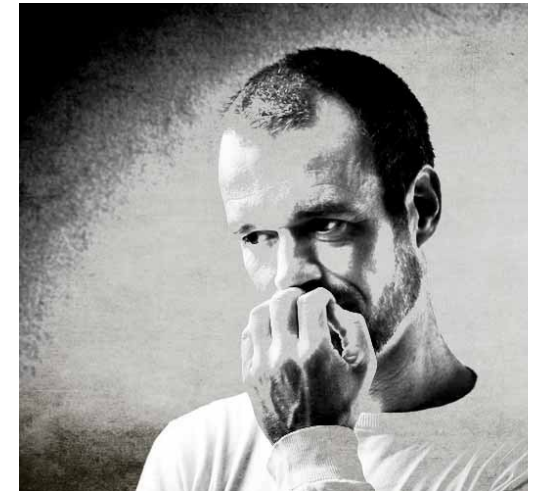
Training duration: 4 x 2½hr sessions

In this workshop we will put anxiety under the microscope and learn how to manage this common yet challenging wellbeing opponent!

- Understand the many forms of anxiety
- Develop a variety of important coping skills
- Practice and prioritize relaxation skills
- Develop problem solving skills
- Explore lifestyle options to alleviate anxiety
- Self-reflection and self-development techniques

'I have felt very comfortable on this course. I feel I've come quite a way towards dealing with my anxiety. Thanks to all involved.'

'Excellent course content. Extra slides and videos as well as workbooks. Friendly atmosphere.'



Depression

Training duration: 4 x 2½ hour sessions

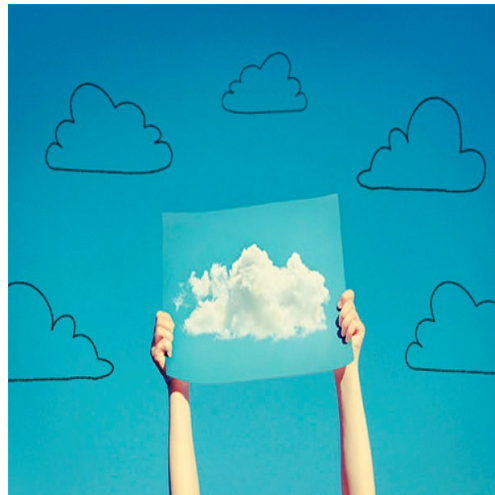
This training examines the causes of depression and provides the skills and techniques necessary to help you work through it. We will look at the following topics:

- Symptoms, definitions, and clinical types of depression
- Tools to track and change mood
- Develop the kind of motivational skill and understanding needed to combat depression
- Communication and relationship skills
- Issues related to self-medication and prescription medication
- Helpful relaxation skills and lifestyle adjustments
- Techniques for planning action and change

'Interesting things to think about. All helpful. I do like the conversations between us and I do like all information given to us.'

'I think everything worked well. Thank you very much for given us the chance to make us self better.'

'Excellent course content.'



Peer Support

Training duration: 5 x 2½hr sessions

A sorely underused source of support are our peers and peer groups. This training will equip you to work in pairs or groups to support you in reaching individual, joint or collective goals.

Week 1 - What is peer support?

What it is, the principles and skills necessary to build confidence in being a peer supporter, engage in peer support, and/or develop a peer support group.

Week 2 - Boundaries, Confidentiality & Introduction to Safeguarding
Learn the principles of how to keep others safe and work through ethical dilemmas.

Week 3 - Self Awareness?

Know why and how to keep yourself safe, and a look at safety planning.

Week 4 - Communication Skills?

Learn the skills needed to manage conflict & actively listen.

Week 5 Personalisation & Supporting Others?

Apply what you've learnt and decide on next steps.

'Excellent course. Very interesting. I have taken a lot of knowledge and support from it, it was a very friendly and caring group.'

'Excellent course content. Working to help future development of myself.'

