

APPLICATION FORM FOR SHORT COURSES

I would be interested in attending: *(Please tick box)*

- Introduction to Mindfulness
- Living with Psychosis
- Introduction to Recovery
- Managing your Pain
- Your Rights
- Managing Anxiety
- Stepping stones to wellness
- Living with Bipolar Illness
- Introduction to Wellness Recovery Action Plan (WRAP)
- Sharing Skills to promote learning for health

Name:

Address:

Telephone number (optional):

Email Address: