

THERAPY GROUPS AND SELF-MANAGEMENT COURSES



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All of our Therapy Groups and Self-Management Courses are delivered by our therapists and follow NICE recommended treatments to help you learn new ways to manage how you feel.

THERAPY GROUPS

EACH THERAPY GROUP CONSISTS OF 10 TO 13 SESSIONS

Overcoming Depression and Low Mood

Overcoming Anxiety and Worry

Breaking Through Obsessive Compulsive Disorder (OCD)

Overcoming Social Anxiety

Building Self-Esteem and Supporting Self-Acceptance

CBT Skills for People with ADHD

Healing Grief and Depression

Improving Your Relationship

Acceptance and Commitment Therapy for Long Term Conditions

Mindfulness-Based Cognitive Behavioural Therapy (MBCT)

Preparing for Trauma Therapy Group

REFER YOURSELF

If you are aged over 16 years old and are registered with a Wakefield District GP you can refer yourself via:

 talking.turning-point.co.uk

 01924 234 860

 wakefield.talking@turning-point.co.uk

SELF-MANAGEMENT COURSES

EACH SELF-MANAGEMENT COURSE LASTS BETWEEN 4 TO 6 WEEKS

Positive Steps Stress Management

Men's Wellbeing Group

Positive Steps for 16-25

Living with Long-Term Physical Health Conditions

Wellbeing in Pregnancy

Postnatal Wellbeing Course

Overcoming Panic Attacks and Anxiety

Breaking Through Insomnia

Overcoming Health Anxiety

Over 65's Managing Depression and Anxiety



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TALKING THERAPIES**

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