ERSTAN

Saturday Morning Training Seminars

29.09.18 Addiction & the Brain

10.11.18 Relapse & Recovery

12.01.19 Trauma & Attachment

16.03.19 Mental Health

Dr. Fergus Law, Consultant Psychiatrist

Ant Newman, Recovery Navigator

Giles Lascelle, UKCP Psychotherapist

P-j Charters, CBT Therapist

11.05.19 The 12 Step Programme & Mutual Aid Groups Lydia Davenport, Drug & Alcohol Counsellor

06.07.19 From Homelessness to Independent Living Richard Sayer, Salvation Army Hostel Manager

VENUE: The Old School Rooms, St Michaels Centre, The Green, Stoke Gifford, BS34 8PD

(Free on street parking available. For travel info please visit www.stmichaelsbristol.org/location/)

TIME: 9.30- 12.30 pm. Doors open 9am

Suggested donation £5 per session on the door | Refreshments provided

To book your place and for more information about these sessions and the trainers please go to: www.liferecoverygroup.org or call 07858 757 226



