

Manchester Mind Training Calendar (2020)

2020 Course Calendar	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Price
Mental Health Awareness Half Day (9.30am-12.30pm)		5	24		13		7		9	13	26		£75 +VAT
Managing Mental Health in the Workplace 1 Day (includes Mental Health Awareness)		5	24		13		7		9	13	26		£125 +VAT
Wellbeing at Work Half Day (9.30am-12.30pm)	30			2		16			29		2		£75 +VAT
Mental Health & Supporting Young People 1 Day		27											£125 +VAT
Mindfulness for Stress 8 Weeks (2hr Twilight Sessions)		11	31						Start ?	->	End?		£225 +VAT
Mental Health First Aid (Adult) 2 Days		3-4	25- 26		11-12		8-9		7-8	14-15	23- 24		£250 +VAT

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