

# Manchester Mind Online Training Calendar (2020)

| 2020 Course Calendar  | May   | Jun | Jul             | Aug | Sep             | Oct               | Nov                       | Dec | Price (Individual) | Price (up to 16) |
|---|---|-----|-----------------|-----|-----------------|-------------------|---------------------------|-----|--------------------|------------------|
| Mental Health Awareness<br>Half Day (9.30am-12.30pm)            |   |     | 7               |     | 8               | 13                | 26                        |     | £50 + VAT pp       | £500 + VAT       |
| Mental Health First Aid (Adult)<br>2 days (4 half day sessions) |   |     | 8, 9,<br>14, 15 |     | 7, 8,<br>14, 15 | 14, 15,<br>21, 22 | 23, 24, 30 Nov<br>& 1 Dec |     | £250 + VAT pp      | £2800 + VAT      |
| Finding a Healthy Balance: Stress<br>90 minutes                 | This course is available to book for your organisation for up to 16 participants on a date and time to suit your needs. Please contact us if you're an individual and interested in attending. We have a range of free community training available for Manchester residents. |     |                 |     |                 |                   |                           |     | £25 + VAT pp       | £275 + VAT       |
| Mental Health Taster for Managers<br>1 hour                     |   | TBC |                 |     | TBC             |                   |                           |     | £25 + VAT pp       | £275 +VAT        |
| Introduction to Mindfulness<br>1 hour                           | This course is available to book for your organisation for up to 16 participants on a date and time to suit your needs. Please contact us if you're an individual and interested in attending. We have a range of free community training available for Manchester residents. |     |                 |     |                 |                   |                           |     | £25 + VAT pp       | £275 + VAT       |

All courses are available to book for organisations on a date to suit your needs. Training will be delivered via Zoom, remotely. All courses include online resources to support. Mental Health First Aid includes physical manuals to be posted ahead of the training. Please allow 10 days before the course commences for the manuals to be posted to you. Other training is available to be delivered online – please enquire if there is a specific training need for you or your organisation. [training@manchestermind.org](mailto:training@manchestermind.org)

manchestermind.org  
T: 0161 769 5732  
e: [training@manchestermind.org](mailto:training@manchestermind.org)

