

# Good Mental Health Workshops Spring /Summer 2010

<b>Saturday 10 April</b>	<b>Forest School Andy Wilson</b>	Meet at Bristol Mind, short mini bus trip to local woods. Relax, unwind and be creative in a woodland setting
<b>Saturday 8 May</b>	<b>Sound Bathing Ronni Dancing Flame</b>	Relaxing, pure angelic, healing sound of the crystal singing bowl 
<b>Saturday 5 June</b>	<b>Word Power Elanora Ferry</b>	Interactive storytelling and creative writing workshop
<b>Saturday 3 July</b>	<b>Healthy Eating to lift your Spirits Bearnie DeMonick</b>	Cooking with a variety of ingredients to help lift your mood ...and recipes to try at home 
<b>Saturday 7 August</b>	<b>Light Box Happiness Workshops Lucy Duggin</b>	One of 7 happiness workshops, this session uses art (Japanese book-binding) to learn about positive thinking.
<b>Saturday 4 September</b>	<b>Dance Movement Therapy with Emma and Pat <u>dance- therapy@live.co.uk</u></b>	A safe space to explore how our thoughts and feelings shape the way we move (Absolutely no dance experience necessary!)

All workshops held at:  
Bristol Mind, 35 Old Market Street  
10.30am – 1pm      £4 (waged) £2 (low/unwaged)

Organised by: SISH (Self Help for Self Injury)  
We welcome ANY ONE at the workshops, women and men,  
self-injury does not have to be a personal issue

No booking required. For further info contact SISH:  
Tel: 07788 142999 or email: [sishbristol@yahoo.co.uk](mailto:sishbristol@yahoo.co.uk)