



Overcoming Loneliness and Isolation

Loneliness and isolation over time can cause a lack of confidence and low self-esteem.

This course will enable you to move forward in your life by helping you to manage your thought processes and develop or regain your confidence.

- You will explore the difference between loneliness and isolation and how these can affect your mental health and well-being.
- You will learn coping techniques to combat loneliness and identify support networks to enable you to make new connections.

You will have access to your teacher on a weekly basis through Skype, email and Google Classroom as well as the opportunity to contribute to group discussions across the County. You will be given tasks to complete at each session and instructions and online demonstrations will be provided.

Starting 30th June every Tuesday for 3 weeks 11:00-14:00

Book now to reserve your place

To enrol and for more information, please call 01609 532536
or email: north.adultlearning@northyorks.gov.uk