

# Refocus

Are you looking for new ways to take successful action to deal with problems?

Do you need some serenity in your day?



Manage stress and learn new techniques to move your life forward

What topics are covered?

- Clarify what you want
- Stress management
- Living well
- Setting & achieving goals

Who can attend?	Any eligible client of PRRT
Where is it held?	Maryfield, Belfast
Who delivers the course?	PRRT staff
When is it on?	11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> October

Check your eligibility or find out more by speaking with a member of staff, telephone services administration on 028 9042 7788