



LIVING LIFE TO THE FULL

A free six-week mental health course using Cognitive Behavioural Therapy (CBT) techniques to help you challenge negative thinking.

Where: Derriaghy Room, 18 Lisburn Leisure Park, BT28 1LP

When: Every Wednesday beginning
9th September 2026 to 14th October 2026
6pm - 8pm

To register please contact Andrea Stanbridge

 andrea.stanbridge@lisburncastlereagh.gov.uk

 **07388955716**

*This programme can make a
big difference in your life!*

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

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Registered with the Charity Commission for NI with NIC100561 Company No. N.I. 30447

This programme sits within Tier Two of the PHA Mental Health, Emotional Wellbeing and Suicide Prevention Training Framework.