



# stressCare

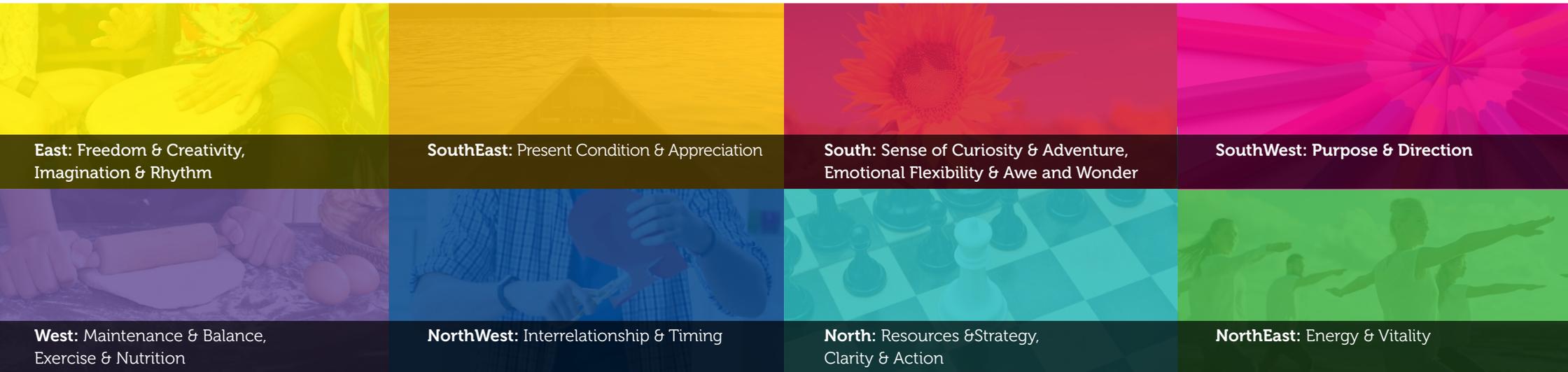
Moving towards freedom from trauma



The **stressCare Colour Wheel Self-Empowerment Programme<sup>®</sup>** helps trauma sufferers realise their own **potential** using **freely available** resources and a sample of **proven**, holistic therapies.

The **stressCare Colour Wheel Self-Empowerment Programme**® is designed to help you believe in your own potential.

Breaking the patterns of trauma with **natural** and **everyday** resources.



The aim of the stressCare Colour Wheel Self-Empowerment Programme® is:

*“To reduce the effects of post traumatic stress, enabling participants to achieve a quality of life that empowers them to fully participate in and contribute to their lifestyle, education, family, employment, relationships and community.”*

This is achieved through a mixture of therapies and interventions specifically designed to reduce symptoms of trauma, while building **confidence** and **empowerment**.

We specifically base the course around things that we can be aware of on a daily basis. The **colours** we see all around us can become a tool that we can use to feel differently. A new sense of **direction** can lead us down paths that are safe and navigable. These are **natural resources** that can open up doorways that have been otherwise shut.

The introduction and inclusion of the support of family and affected others is a key aspect that can **help us bridge** what can be a deep gap in life.

**Book Now - Next course starts 26th September 2019...**

If you feel you would benefit from participating on this **FREE** course please contact us and secure your place as we have limited places available.

Contact **Caroline Keane** at:

t: 07837 678 165 (Weekdays only between 17:00-19:00)

e: [info@stresscareuk.com](mailto:info@stresscareuk.com) w: [www.stresscareuk.com](http://www.stresscareuk.com)

## Course Dates & Times

Thursdays from 10am to 4pm

Day 1: 26th September

Day 2: 3rd October

Day 3: 10th October

Day 4: 17th October

Day 5: 31st October

Day 6: 7th November

Day 7: 14th November

Day 8: 21st November

Day 9: 28th November

Day 10: 5th December

## Location

Lopwell Barn, Lopwell Dam, Plymouth, PL6 7BZ

## Fee

This course is absolutely free, including the materials needed for the course. Please bring your own lunch.

We use many activities and scenarios to help us find very real and tangible solutions to our problems such as:

- Colour Immersion
- Woodland Walks
- Bread and Soup Making
- Tai Chi & Easy Yoga
- Kayaking & Canoeing (Weather dependent)
- Mindfulness
- Clay Sculpture
- EFT Tapping Technique
- Mentorship / Life Coaching
- And much more

