



LIFELINE VAAL CENTRE

# Training

*Mental & Emotional Health to all*



## Distress Must Fall!

A SERIES OF SHORT WORKSHOPS ON RESOLVING DISTRESS AND OTHER PROBLEMATIC LIFE ISSUES.

**DISTRESS:**

This is when you are at a loss, unable to cope or function optimally, because of some problem, situation, condition, incident, or crisis etc.

**STRESS:**

Know the dynamic and process of stress; how it impacts, how to counter its debilitating effects, and to build resilience.

**ANGER:**

Understanding anger as an emotion, when it is destructive, its impact, and how to manage it.

**SMART STUDY:**

Approaches, methods/techniques, and guides to effective studying, including goal settings, and guides to writing exams.

**DEPRESSION:**

Understanding depression, how it develops and how to combat it.

**SELF ESTEEM:**

The key to effective functionality and being well. Guides to build self-image.

**RELATIONSHIPS:**

A hands-on approach to understand relationships and how to build and maintain them.

**TRAUMA:**

Understanding the process of trauma and managing recovery.

**ABUSE (AND BULLYING):**

Know what abuse is, why it happens, its impact, and remedies to prevent.

**UNDERSTANDING CHILD/TEEN DEVELOPMENT:**

Understanding the needs and behaviours in their growth.

**These workshops help you as follows:**

- Self / Other Insight & understanding.
- Commit to proactive action.
- Enable & empower yourself to manage Life Skills (live and enjoy).

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**JOIN THE  
MOVEMENT!**

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