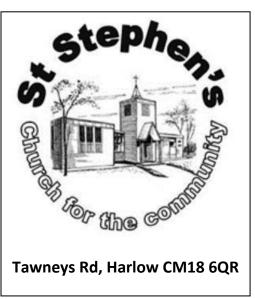


## **2022** Course Application Form

Thank you for expressing interest in being part of the Kintsugi Hope Wellbeing Group at St Stephen's Church, in Harlow.



The course begins on Thursday 13<sup>th</sup> January at 7:30pm and runs for 12 consecutive weeks.

The Kintsugi Hope Course is NOT

- Therapy and counselling
- Focusing on poor mental wellbeing
- Just for people with poor mental health
- Depressing and deep
- Not to fix
- Not to judge
- Not a power opportunity for a leader

## What a Kintsugi Hope Group IS

- A Safe space
- Non judgemental
- Welcoming
- Hopeful
- Signposting
- For people of all faiths, and no faith who is interested in supporting their mental and emotional wellbeing
- Tools for self-management and healthy wellbeing
- Facilitated Peer Mentoring

If this course, and this group, sound like what you are looking for, please complete the details below and email them to <u>ianbex@hotmail.com</u>

Name .....

Email address .....

Contact phone number .....

Which church (if applicable) do you attend or associate with?

.....

We hope to confirm places on the course by mid-December.

We also hope to run Kintsugi Hope courses in May and September 2022.