

**Action for Sick Children Scotland
Lothian Self-Management Programme
Workshop Dates 2016:**

Programme 2			
	Date	Time	Workshop content
Workshop 1	Sat 13 th February	10am-12.30pm	Getting to know each other!
Workshop 2	Sat 27 th February	10am-12.30pm	Communication and Listening skills
Workshop 3	Sat 5 th March	10am-12.30pm	Change and Problems
Workshop 4	Sat 19 th March	10am-12.30pm	Coping skills
Workshop 5 (Party Room)	Wed 30 th March	10.30am-3.30pm	Feeling Good and Fun activity

Programme 3			
	Date	Time	Workshop content
Workshops 1	Sat 16 th April	10am-12.30pm	Getting to know each other & Communication
Workshops 2	Sat 30 th April	10am-12.30pm	Change, coping skills
Workshops 3	Sat 14 th May	10am-12.30pm	Feeling Good
Workshop 4	Sat 28 th May	10am-12.30pm	Fun activity

Programme 4 (summer)			
	Date	Time	Workshop content
Workshop 1	Sat 21 st May	10am-12.30pm	Getting to know each other!
Workshop 2	Sat 4 th June	10am-12.30pm	Communication and Listening skills
Workshop 3	Sat 18 th June	10am-12.30pm	Change and Problems
Workshop 4	Sat 2 nd July	10am-12.30pm	Coping skills
Workshop 5	Sat 16 th July	10.30am-3.30pm	Feeling Good and Fun activity

Programme 5			
	Date	Time	Workshop content
Workshop 1	Sat 3 rd September	10am-12.30pm	Getting to know each other!
Workshop 2	Sat 10 th September	10am-12.30pm	Communication and Listening skills
Workshop 3	Sat 24 th September	10am-12.30pm	Change and Problems
Workshop 4	Sat 8 th October	10am-12.30pm	Coping skills
Workshop 5	Sat 22 nd October	10.30am-3.30pm	Feeling Good and Fun activity

All workshops will be held at The Commonwealth Pool in Edinburgh. Travel expenses can be reimbursed by ASCS. Refreshments and a light lunch will be provided for full day workshops.

