**Managing Stress & Burnout**

A short bespoke training course designed to assist VCS staff, volunteers and beneficiaries in developing techniques to manage their stress levels in order to avoid burnout.

The course is designed and delivered by Clive Ireland owner of Training Solutions & Developments Ltd, an experienced mental health trainer and Chair of Shropshire Mental Health Support (formerly Mind).

**Date: 5 October 2023**

**Time: 09.30 – 12.30**

**Venue: Castle Hall, W Castle St, Bridgnorth WV16 4AB**

**Council public car parks are located nearby the venue**

**The cost of the training course is £30.00 which is refundable upon completion of the training.**

**Please note, this course is limited to a maximum of 16 people**

***This funding for this training course is provided through the Shropshire in Partnership Mental Health Project based at Qube, Oswestry***

<https://qube-oca.org.uk/courses/>

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