

WORKSHOPS - OCTOBER & NOVEMBER 2025



| WORKSHOP | VENUE | DATE | SESSION TIME |
|--------------------------------|--|-----------------------|--------------|
| Emotional Wellbeing Support | The Place in Settle, BD24 | Wednesday 1st October | 1pm - 3pm |
| Sleep Therapy | Great Horton Community Centre, BD7 | Thursday 2nd October | 2pm-4pm |
| Sleep Therapy | Online | Thursday 2nd October | 10am - 12pm |
| Acceptance & Taking Control | Skipton Town Hall, BD23 | Monday 13th October | 10am-12pm |
| Acceptance & Taking Control | Bierley Community Centre, BD4 | Monday 13th October | 2pm-4pm |
| Acceptance & Taking Control | Baildon Community Link, BD17 | Tuesday 14th October | 10am-12pm |
| Acceptance & Taking Control | Online | Tuesday 14th October | 2pm-4pm |
| Keeping Active & Safe Movement | Thornton Community Centre, BD13 | Monday 20th October | 10am-12pm |
| Keeping Active & Safe Movement | Online | Monday 20th October | 2pm-4pm |
| Keeping Active & Safe Movement | Shine, BD5 | Tuesday 21st October | 10am-12pm |
| Keeping Active & Safe Movement | Manningham Mills Sports Association, BD9 | Tuesday 21st October | 2pm-4pm |

For more information or to book a place, contact us:



info@rethinkingpain.org



07724868212



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| Your Story | Kala Sangam, BD1 | Monday 27th October | 10am-12pm |
| Your Story | Clayton Village Hall, BD14 | Monday 27th October | 2pm-4pm |
| Your Story | Glusburn Institute, BD20 | Tuesday 28th October | 10am-12pm |
| Your Story | Online | Tuesday 28th October | 2pm-4pm |
| Creative Therapy | Windhill Community Centre, BD18 | Monday 3rd November | 10am-12pm |
| Creative Therapy | The West End Community Centre, BD5 | Monday 3rd November | 1pm-3pm |
| Creative Therapy | Online | Tuesday 4th November | 10am-12pm |
| Give it a Try - The Power of Pause | Thornbury Centre, BD3 | Monday 10th November | 10am-12pm |
| Give it a Try - Sound Bath | Christchurch, Ilkley, LS29 | Monday 10th November | 2pm-4pm |
| Creative Therapy | KHL, BD21 | Tuesday 11th November | 2pm-4pm |
| Give it a Try - Aromatherapy | Shine, BD5 | Tuesday 11th November | 10am-12pm |
| Give it a Try - Self-Massage | Manningham Mills Sports Association, BD9 | Tuesday 11th November | 2pm-4pm |

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| Give it a Try - Sound Bath | Skipton Town Hall, BD23 | Thursday 13th November | 10 - 12pm |
| Diet Therapy - Part One | Online | Monday 24th November | 10am-12pm |
| Diet Therapy - Part One | Glusburn Institute, BD20 | Monday 24th November | 2pm-4pm |
| Diet Therapy - Part One | Millside Community Centre, BD1 | Tuesday 25th November | 10am-12pm |
| Diet Therapy - Part One | St Hugh's Church, BD17 | Tuesday 25th November | 2pm-4pm |

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