



Northumberland
Rape Crisis

Understanding Self Harm

A one day training workshop

Wednesday 11th March 2015

9:30 am to 4:00 pm ~ Hexham

Learning objectives:

- Develop an understanding of self harm and why it occurs
- Increase knowledge of how people self harm
- Explore our own reactions to self harm
- Explore society's attitudes to self harm and the impact these have on individuals
- Look at ways of supporting people who self harm



Cost per place:

£75 for individuals / voluntary sector

£90 for statutory sector

£120 for private sector

Book early and receive a 20% discount!

This course is delivered by qualified trainers/counsellors from Grace Northumberland Rape Crisis.

For further information or to book:

Call: 0191 222 0272

Email: enquiries@rctn.org.uk

Website: www.gracenrc.org.uk