

HOW TO GET STARTED

STEP 1

Visit
www.LLTTF4Suffolk.com

STEP 2

Complete the **Mood quiz**

STEP 3

Register and
Change Your Life



USE IT YOUR WAY

1

By yourself

Receive access to courses and online resources. Optional weekly emails for 12 weeks.

2

Or receive friendly professional support from the local Wellbeing team.

Physical copies of the course book are also available via Books on Prescription at your local library.

PROBLEMS LOGGING IN?

Error Reporting

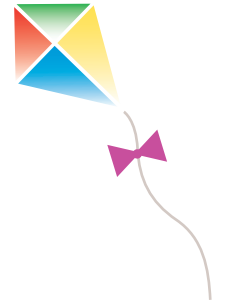
Please use the Contact Us form on the website with:

- A screen shot of your problem or error message.
- The email address you registered with.
- The code you are using or have been provided.
- What action you expected and what actually happened.

About the Author

British Medical Association Medical Book and Royal Society of Medicine award winning author Dr Chris Williams is Emeritus Professor of Psychosocial Psychiatry at the University of Glasgow, Scotland and Director of Five Areas Ltd. He is also past President of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) the lead body for CBT in the UK.

His main interest is in the area of Cognitive Behavioural Therapy (CBT) and in particular in looking at ways of delivering this approach more widely. He has developed many book and computer-based self-help treatments and is a well-known CBT trainer and teacher.



ARE YOU... LIVING LIFE TO THE FULL?

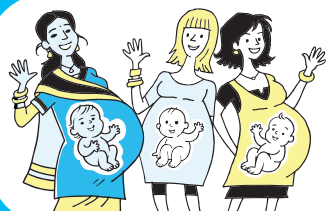
ONLINE SUPPORT FOR PARENTS AND MUMS TO BE



wellbeing
Helping you live your life

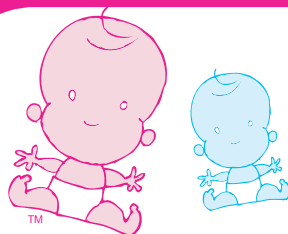
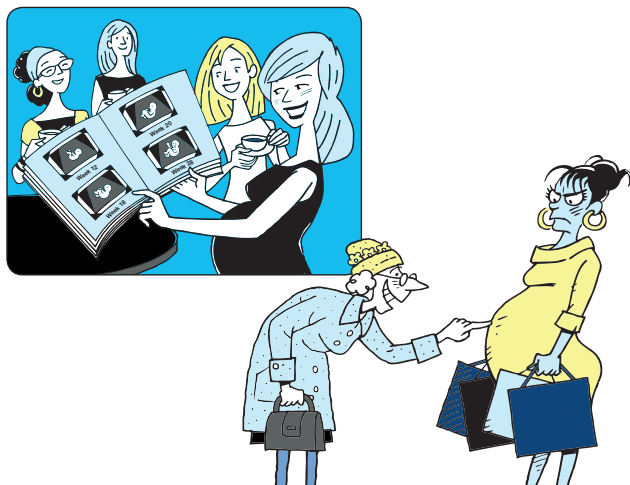
Suffolk Wellbeing has 3 Courses that build a secure foundation for parents and mums-to-be.

Three courses that together cover the formative years of a child's development - helping both the developing child and their parent(s) to enjoy each other. Teaching how to build a strong relation/attachment, coupled with tried and tested strategies based on the cognitive behavioural therapy model.



ENJOY YOUR BUMP

Enjoy your Bump. Your relationship with your child starts even before they are born. Mums will discover how to plan for the emotional aspects of birth, identify their own expectations, should's and must's, understand feelings, bond with their baby and more as they learn personal resilience building skills as well as developing close bonds to their child.



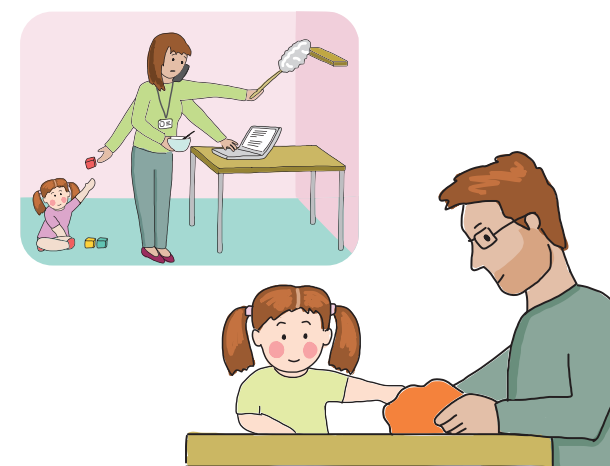
ENJOY YOUR BABY

Enjoy your Baby. Having a baby can be a joyful but also challenging time for new parents. Enjoy your Baby teaches key life skills that can make a difference. Discover why you feel as you do, as well as increase your sense of closeness and fun with your baby.



ENJOY YOUR INFANT

Finally, **Enjoy your Infant** is designed to help parents in that difficult time when their beautiful baby is starting to assert their own views and independence. This online only course helps parents learn how to understand their infants (and their own reactions) and respond in ways that help build a secure foundation for life.



Find out more. Visit: www.LLTTF4Suffolk.com

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