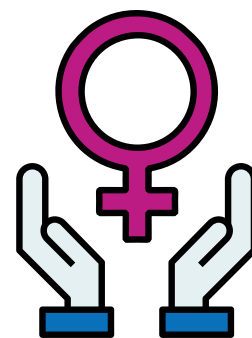


"Attending this workshop has been brilliant. It helped me to share my thoughts and feelings about my menopause journey. I laughed and learned a lot about how I can change things for the better. I left feeling more in control of my menopause."



**Barnsley
Talking Therapies**

Perimenopause and menopause two-part workshop



Talk in a safe space about your experiences and symptoms; and improve your knowledge and understanding of the impact these can have on our daily functioning, mood and physical wellbeing.

We'll explore:

- Guidance and advice on HRT myths and truths
- How to pinpoint bothersome symptoms and what to do about them
- Pelvic floor health
- Menopause at work
- Cognitive behavioural therapy (CBT) to support you with managing symptoms, challenging thoughts and behaviours
- Hints and tips, apps and books
- Information for partners/carers/families

Date: Part one: 15 October 2025 Part two: 22 October 2025

Time: 10am – 12pm

Address: The Recovery College, 33 Gawber Road, Barnsley S75 2AH

Call 01226 730433 to book your place.

For other workshops and courses, visit <https://barnsley-talkingtherapies.nhs.uk/> or www.barnsleyrecoverycollege.nhs.uk

Disclaimer This workshop has been created by Barnsley talking therapies. It is not a replacement for medical advice/intervention. If you have any medical queries about the menopause or medication please see your GP/nurse prescriber/menopause specialist.

If you require a copy of this information in any other format or language please contact the Trust.



for anxiety and depression

Service delivered by South West Yorkshire
Partnership NHS Foundation Trust