



Compass
RECOVERY COLLEGE

 **Reading**
Borough Council
Working better with you

Living With Bipolar

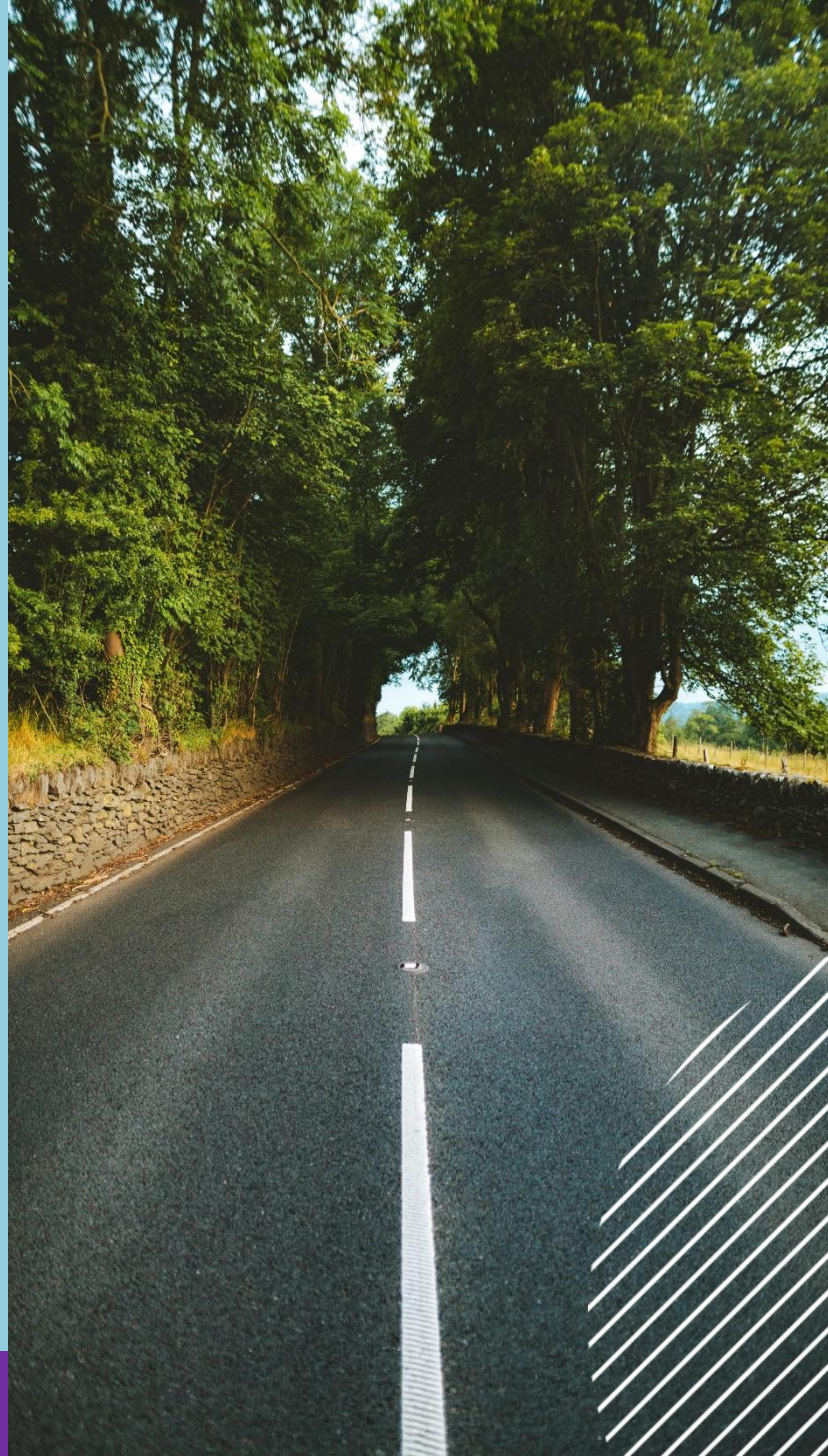
Although we all have mood swings, in bipolar disorder these can become unmanageable and overwhelming.

In this workshop we will look at:

- The facts and realities of bipolar disorder
- How it affects our lives and relationships
- Common triggers and challenges
- How it is diagnosed and treated
- How you can manage it
- How you can support someone that you care about.

Monday 27th Nov & 4th Dec
2:00pm till 3:30pm
2 Sessions Online

Free to join, Enrol with us



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