

NEW Resilience Course from Somerset Recovery College

For military veterans, reserves and their families from Somerset, including those living with PTSD.

After years of military training and active service it can be challenging to adjust to civilian life.

This virtual course will help you:

- adapt to life outside the military
- take control of excessive worrying and anxiety
- become more decisive and confident.



Share and learn in a safe space.

Course lead: Bernard Genge, former Royal Navy medic.

For more information and to sign up
email: bernard.genge@gmail.com

