



**NHS**

**Somerset**  
NHS Foundation Trust

**WE CAN'T** always control what happens to us or what we are exposed to  
**WE CAN** learn to be resilient

**Online masterclass starting**  
**Wednesday 29 September 2021**

**For Somerset veterans, reserves,  
upcoming service leavers and their families**



- take control of excessive worrying
- respond more effectively to challenges
- suitable for people living with or without PTSD

Course designed and led by Bernard Genge,  
former Royal Navy medic, trainer, coach and published author.

Book your free place call 07342 063735 or register online at:  
<https://somerstrecoverycollege.co.uk/login/>

After registering, book the course on the same website.

