



# ATTFE College Free Courses

## August 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Level 1 Award in Stress Awareness	This qualification aims to improve learners' understanding of stress. They will look at the causes of stress and the effects stress can have on health. They will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress.  We will explore different ways of coping with stress .	ATTFE in the Community Venue  9 - 11 Low Street, Sutton-in-Ashfield	Wednesdays, 10am - 2pm  Starting 6th August until 27th August 2025	25ASF007
Level 1 Award in Stress Awareness	This qualification aims to improve learners' understanding of stress. They will look at the causes of stress and the effects stress can have on health. They will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress.  We will explore different ways of coping with stress .	ATTFE in the Community Venue  9 - 11 Low Street, Sutton-in-Ashfield	Wednesdays, 4pm - 8pm  Starting 6th August until 27th August 2025	25ASF008
Level 1 Award in the Awareness of Substance Misuse	This qualification enables the learner to develop a knowledge and understanding of substance misuse awareness - including alcohol - and its potential effects on individuals and others.	ATTFE in the Community Venue  9 - 11 Low Street, Sutton-in-Ashfield	Thursdays, 10am - 2pm  Starting 7th August until 28th August 2025	25ASF005
Level 1 Award in the Awareness of Substance Misuse	This qualification enables the learner to develop a knowledge and understanding of substance misuse awareness - including alcohol - and its potential effects on individuals and others.	ATTFE in the Community Venue  9 - 11 Low Street, Sutton-in-Ashfield	Thursdays, 4pm - 8pm  Starting 7th August until 28th August 2025	25ASF006

All courses are **FREE** to attend unless stated otherwise. Places will be limited, and should be booked in advance. For more details or to sign up, please contact 01623 441310 or email [college.info@attrust.org.uk](mailto:college.info@attrust.org.uk). **Please quote course codes when signing up.**



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Course Title	Description	Venue	Dates & Times	Course Code
Level 1 Award in Mental Health Awareness	This qualification aims to raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues, and develop learners' knowledge of the rights of those with mental health issues.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield	Tuesdays, 10am - 2pm Starting 5th August until 2nd September 2025	25ASF003
Level 1 Award in Mental Health Awareness	This qualification aims to raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues, and develop learners' knowledge of the rights of those with mental health issues.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield	Tuesdays, 4pm - 8pm Starting 5th August until 2nd September 2025	25ASF004
Level 5 Counselling	<p>This qualification is intended for candidates who want to develop CBT skills and theory as an integral part of their professional counselling work. It is designed to enhance the employability of counsellors in organisational settings and as independent practitioners by giving them a solid grounding in CBT skills and theory.</p> <p>This course may be partially funded or fully funded. Please check you eligibility for our Advanced Learner Loans.</p>	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Wednesdays, 3.30pm - 7.30pm Starting 10th September 2025 until 20th May 2026	25LCB005

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# ATTFE College Free Courses

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Course Title	Description	Venue	Dates & Times	Course Code
Fast Track - Level 2 Counselling Skills	This qualification is designed to give learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Tuesdays, 9.30am - 2.30pm Starting 9th September 2025 until 3rd February 2026	25ASF001
Fast Track - Level 2 Counselling Skills	This qualification is designed to give learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Tuesdays, 4pm - 8.30pm Starting 9th September 2025 until 3rd February 2026	25ASF002
Level 3 Certificate in Applied Counselling Studies (CAST-L3)	This qualification is intended for candidates who have already acquired a recognised qualification in counselling skills and want to: take the next step in training to become a counsellor, learn more about counselling theory, ethics and mental health, and/or be prepared for work as a professional counsellor in an agency setting.  Please contact us to enquire regarding funding options.	Portland Pathways, Sutton-in-Ashfield	Fridays, 9.30am-2.30pm 12th September 2025 - 24th July 2026	25LCB004

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# ATTFE College Free Courses

## August 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Level 4 Diploma in Therapeutic Counselling (First Year)	<p>This two year part-time qualification gives learners the knowledge, skills and competencies to work as a therapeutic counsellor in an agency context in both health care and non-medical settings.</p> <p>Successful completion of this course means you will be able to provide a therapeutic counselling service.</p> <p>This course may be partially funded or fully funded. Please check you eligibility for our Advanced Learner Loans.</p>	Portland Pathways, Sutton-in-Ashfield	<p><b>Dates are Subject to Change</b></p> <p>Mondays, 9.30am-2.30pm 8th September 2025 - 20th July 2026</p> <p>Thursdays, 9.30am-2.30pm 11th September 2025 - 23rd July 2026</p>	<p>Mondays: 25LCB003</p> <p>Thursdays: 25LCB002</p>
Level 4 Diploma in Therapeutic Counselling (Second Year)	<p>This two year part-time qualification gives learners the knowledge, skills and competencies to work as a therapeutic counsellor in an agency context in both health care and non-medical settings.</p> <p>Successful completion of this course means you will be able to provide a therapeutic counselling service.</p> <p>This course may be partially funded or fully funded. Please check you eligibility for our Advanced Learner Loans.</p>	Portland Pathways, Sutton-in-Ashfield	<p>Wednesdays, 9.30am-2.30pm 10th September 2025 - 22nd July 2026</p>	25LCB006

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