

Grenfell Recovery & Wellbeing College Spoke

The Grenfell Health and Wellbeing Service is teaming up with the CNWL Recovery & Wellbeing College and Community Champions to offer a programme of free workshops that focus on wellbeing

venue: Online via Zoom

Understanding anxiety

Thurs 26 Nov, 1pm to 2:15pm

An introduction to mindfulness and ways to wellbeing

Thurs 3 Dec, 1pm to 2:15pm

Discovering self-compassion

Thurs 10 Dec, 1pm to 2:15pm

Coping with Christmas Time

Thurs 17 Dec, 1pm to 2:15pm

Changing habits in a way that works for me

Thurs 7 Jan, 1pm to 2:15pm

Exploring emotions and coping strategies

Thurs 14 Jan, 1pm to 2:15pm

Open to everyone living in Kensington & Chelsea

To book your place

Call the Recovery & Wellbeing College admissions office on 020 3214 5686

Grenfell Health & Wellbeing Service on 020 8637 6279 or

email recoverycollege.cnwl@nhs.net