

November 2022 WORKSHOPS (in person/on zoom)			
Day	Workshop	Time	Length
Thursday 10 th	Overcoming negative thinking (in person)	11:00am-1:15pm	2 hours 15 minutes
Friday 11 th	Self-compassion (on zoom)	11:00am-1:15pm	2 hours 15 minutes
Thursday 17 th	Self-love (in person)	11:00am-1:15pm	2 hours 15 minutes
Friday 18 th	Stress and anxiety (on zoom)	11:00am-1:45pm	2 hours 15 minutes
Monday 28 th	Employment support (on zoom)	1pm – 4pm	3 hours

The in-person workshops will take place at the Shepherds Bush Library.



Richmond Fellowship is part of **Recovery Focus**,
an expert group of charities inspiring recovery nationwide.

Sign-up required

Get in touch with us to book your place

Please check our website for future workshops:

www.hfemploymentandwellbeing.org.uk

Workshop Facilitators:

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Richmond Fellowship

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W6 7HY



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Courses

(Registration Required)

Workability – A 4 week course, running once a week, aimed to support those within our service to get back into employment. It focuses on barriers and benefits of work/identifying and building skills, writing a great CV and cover letter, job search/interviews, and building a personal plan.

Date: Tuesday 8th November 2022 – Tuesday 29th Novemembr 2022

Time: 11:00am – 2:00pm

To register, please complete our referral form and send it to
HFEmploymentandWellbeing@RichmondFellowship.org.uk

The referral form can be found on our website
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