

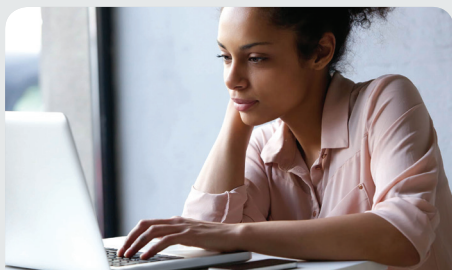
Free Online Emotional Wellbeing Workshops

Are you worried?
Stressed?
Feeling low?

Free online workshops will be running throughout January 2021 for you. If you would like to learn tips and coping skills through these difficult times, sign up!

Booking workshops

To book your place(s) on one of the online workshops or get more information, email cnw-tr.brent.iapt@nhs.net or call us on 020 8206 3924.



Programme of activities

Friday 8 January

10.30am-12.30pm. Talking Therapies & Emotional Wellbeing workshop.

Friday 15 January

10.30am-12.30pm. Managing Low Mood and Anxiety workshop, in view of COVID-19 (in Arabic).

Friday 22 January

10.30am-12.30pm. Managing Low Mood and Anxiety workshop, in view of COVID-19 (in English).

Friday 29 January

10.30am-12.30pm. Stress and Worry Management workshop