



Grenfell Recovery & Wellbeing Community College Spoke

The Grenfell Health & Wellbeing Service is teaming up with the Recovery & Wellbeing College and Lancaster West Residents Association to offer a programme of free workshops that focus on wellbeing



VENUE: LANCASTER WEST COMMUNITY CENTRE, 1A STATION WALK, W11 1WF

Introduction to Recovery & Wellbeing

Wed 18 March, 10:30am to 12:30pm

Understanding depression

Wed 29 April, 10:30am to 12:30pm

Changing habits in a way that works for me

Wed 1 April, 10:30am to 12:30pm

Telling my story

Wed 13 May, 10:30am to 12:30pm

Managing emotions

Wed 15 April, 10:30am to 12:30pm

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