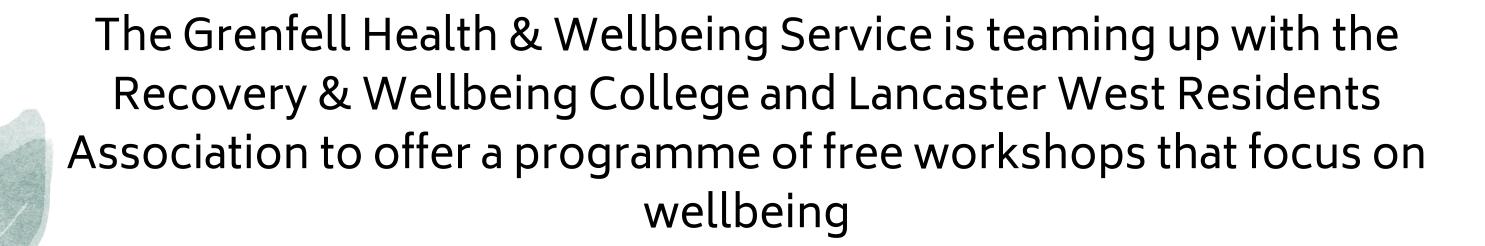








## Grenfell Recovery & Wellbeing Community College Spoke



venue: lancaster west community centre, 1A station walk, w11 1wf

Introduction to Recovery & Wellbeing Wed 18 March, 10:30am to 12:30pm

Changing habits in a way that works for me Wed 1 April, 10:30am to 12:30pm

> Managing emotions Wed 15 April, 10:30am to 12:30pm

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

Telling my story Wed 13 May, 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