

# **GRENFELL RECOVERY COLLEGE WORKSHOPS**

## **HOW TO JOIN**

To participate in any of these workshops, simply turn up on the day or send an email to [suewilliams9@nhs.net](mailto:suewilliams9@nhs.net) to reserve your spot. Embrace this opportunity to enhance your well-being and connect with others!

### **Understanding self-harm**

Date and time: Thursday 7th November, 2.00pm- 4:30pm

### **Managing anxiety**

Date and time: Thursday 5th December, 2.00pm- 4:30pm

**LOCATION: THE VOLUNTEER CENTRE KENSINGTON & CHELSEA. 1 THORPE CLOSE,  
LONDON, W10 5XL**



### **Introduction to recovery & wellbeing and developing self-compassion**

Date and time: Wednesday 20th November, 11:30am -1.00pm

### **Building social networks and combatting isolation and coping with Christmas time**

Date and time: Wednesday 11th December, 11:30 -1.00pm

**LOCATION: THE CLEMENT JAMES CENTRE 95 SIRDAR ROAD, LONDON, W11 4EQ**