

Grenfell Recovery and Wellbeing Community College Spoke

FREE WELLBEING WORKSHOPS

In partnership with Grenfell Health & Wellbeing Service and Recovery & Wellbeing College

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



Open to everyone living in Kensington & Chelsea or anyone affected by the Grenfell fire

A Good Night's Sleep

**Wednesday 20th November
10am - 12 pm**

Developing Resilience

**Tuesday 26th November
6:30pm - 8:30 pm**

Managing Stress

**Wednesday 27th November
10 am - 12 pm**

Coping with Christmas Time

**Tuesday 3rd December
6:30 pm - 8:30 pm**

Understanding Anxiety

**Wednesday 4th December
10 am - 12 pm**

To book your place on the course please call the Recovery & Wellbeing College admissions office on 02032145686 or email recoverycollege.cnwl@nhs.net

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