

**AUG - SEPT 2020 VIRTUAL GROUPS, COURSES AND WORKSHOPS**

Day	Group/Course/Workshop	Time	Length
Monday 24 <sup>th</sup> August	Employment Support	1pm-4pm	3 hours
Tuesday 25 <sup>th</sup> August	Making Healthy Choices: Eating	11am-11:45am	45 minutes
Tuesday 25 <sup>th</sup> August	Making Healthy Choices: Addictive Behaviours	11:45am-12:30pm	45 minutes
Tuesday 25 <sup>th</sup> August	Making Healthy Choices: Exercise	12:30pm-1:15pm	45 minutes
Tuesday 25 <sup>th</sup> August	Group Fellowship	2:30pm-4:30pm	2 hours
Wednesday 26 <sup>th</sup> August	Road To Recovery	11:30am-2:30pm	3 hours
Thursday 27 <sup>th</sup> August	Open Session/Mindfulness	10:30am-11:30am	1 hour
Tuesday 1 <sup>st</sup> September	Group Fellowship	2:30pm-4:30pm	2 hours
Wednesday 2 <sup>nd</sup> September	Road To Recovery	11:30am-2:30pm	3 hours
Thursday 3 <sup>rd</sup> September	Open Session/Mindfulness	10:30am-11:30am	1 hour
Thursday 3 <sup>rd</sup> September	Maintaining Healthy Relationships: Healthy Relationships	11am-11:45am	45 minutes
Thursday 3 <sup>rd</sup> September	Maintaining Healthy Relationships: Unhealthy Relationships	11:45am-12:30pm	45 minutes
Thursday 3 <sup>rd</sup> September	Maintaining Healthy Relationships: Open Session	12:30pm-1:15pm	45 minutes
Friday 4 <sup>th</sup> September	Procrastination: Causes	11am-11:45am	45 minutes

Friday 4 <sup>th</sup>	Procrastination: Techniques	11:45am-12:30pm	45 minutes
Friday 4 <sup>th</sup>	Procrastination: Open Session	12:30pm-1:15pm	45 minutes
Tuesday 8 <sup>th</sup> September	Group Fellowship	2:30pm-4:30pm	2 hours
Wednesday 9 <sup>th</sup> September	Road To Recovery	11:30am-2:30pm	3 hours
Thursday 10 <sup>th</sup> September	Open Session/Mindfulness	10:30am-11:30am	1 hour
Thursday 10 <sup>th</sup> September	Sleep Hygiene: Information	11am-11:45am	45 minutes
Thursday 10 <sup>th</sup> September	Sleep Hygiene: Techniques	11:45am-12:30pm	45 minutes
Thursday 10 <sup>th</sup> September	Sleep Hygiene: Open Session	12:30pm-1:15pm	45 minutes
Friday 11 <sup>th</sup> September	Identity: The Self	11am-11:45am	45 minutes
Friday 11 <sup>th</sup> September	Identity: Influencing Factors	11:45am-12:30pm	45 minutes
Friday 11 <sup>th</sup> September	Identity: Open Session	12:30pm-1:15pm	45 minutes
Tuesday 15 <sup>th</sup> September	Group Fellowship	2:30pm-4:30pm	2 hours
Wednesday 16 <sup>th</sup> September	Road To Recovery	11:30am-2:30pm	3 hours
Thursday 17 <sup>th</sup> September	Open Session/Mindfulness	10:30am-11:30am	1 hour
Thursday 17 <sup>th</sup> September	Anger Management: Triggers	11am-11:45am	45 minutes
Thursday 17 <sup>th</sup> September	Anger Management: Techniques	11:45am-12:30pm	45 minutes
Thursday 17 <sup>th</sup> September	Anger Management: Open Session	12:30pm-1:15pm	45 minutes

Friday 18 <sup>th</sup> September	Managing Addictions: Introduction	11am-11:45am	45 minutes
Friday 18 <sup>th</sup> September	Managing Addictions: Coping	11:45am-12:30pm	45 minutes
Friday 18 <sup>th</sup> September	Managing Addictions: Open Session	12:30pm-1:15pm	45 minutes
Tuesday 22 <sup>nd</sup> September	Group Fellowship	2:30pm-4:30pm	2 hours
Wednesday 23 <sup>rd</sup> September	Road To Recovery	11:30am-2:30pm	3 hours
Thursday 24 <sup>th</sup> September	Open Session/Mindfulness	10:30am-11:30am	1 hour
Monday 28 <sup>th</sup> September	Employment Support	1pm-4pm	3 hours
Tuesday 29 <sup>th</sup> September	Group Fellowship	2:30pm-4:30pm	2 hours
Wednesday 30 <sup>th</sup> September	Road To Recovery	11:30am-2:30pm	3 hours

**All Virtual Workshops are taking place via Zoom.**

**Zoom details to be provided following successful sign-up.**



Richmond Fellowship is part of **Recovery Focus**,  
an expert group of charities inspiring recovery nationwide.

**Sign-up required**

**Get in touch with us to book your place**

**Please check our website for future workshops:**

**[www.hfemploymentandwellbeing.org.uk](http://www.hfemploymentandwellbeing.org.uk)**

**Workshops and Short Course Facilitators:**

**Caira Lewis**

07584 182 834

[Caira.Lewis@RichmondFellowship.org.uk](mailto:Caira.Lewis@RichmondFellowship.org.uk)

**Priscilla Chung**

07584 183 513

[Priscilla.Chung@RichmondFellowship.org.uk](mailto:Priscilla.Chung@RichmondFellowship.org.uk)

**Activity Groups Facilitator:**

**Rachel Parker**

07884 235 207

[Rachel.Parker@RichmondFellowship.org.uk](mailto:Rachel.Parker@RichmondFellowship.org.uk)

**Richmond Fellowship**

Richford Gate Medical Practice  
Lower Ground Basement  
Richford Street  
Hammersmith  
London  
W6 7HY



an expert group of charities inspiring individual recovery nationwide