

January 2021 VIRTUAL WORKSHOPS (Residents of Hammersmith & Fulham)

Day	Workshop	Time	Length
Thursday 7 th January	New Years (I): Goal Setting	11:30am-12:15pm	45 minutes
Thursday 7 th January	New Years (I): Motivation	12:15pm-1:00pm	45 minutes
Thursday 7 th January	New Years (I): Open Session	1:00pm-1:45pm	45 minutes
Friday 8 th January	New Years (II): Changing Behaviour/Habit	11:30am-12:15pm	45 minutes
Friday 8 th January	New Years (II): Putting into Action	12:15pm-1:00pm	45 minutes
Friday 8 th January	New Years (II): Open Session	1:00pm-1:45pm	45 minutes
Thursday 14 th January	Sleep Hygiene: Information	11:30am-12:15pm	45 minutes
Thursday 14 th January	Sleep Hygiene: Techniques	12:15pm-1:00pm	45 minutes
Thursday 14 th January	Sleep Hygiene: Open Session	1:00pm-1:45pm	45 minutes
Friday 15 th January	Identity: The Self	11:30am-12:15pm	45 minutes
Friday 15 th January	Identity: Influencing Factors	12:15pm-1:00pm	45 minutes
Friday 15 th January	Identity: Open Session	1:00pm-1:45pm	45 minutes
Thursday 21 st January	Anger Management: Triggers	11:30am-12:15pm	45 minutes
Thursday 21 st January	Anger Management: Techniques	12:15pm-1:00pm	45 minutes

Thursday 21 st January	Anger Management: Open Session	1:00pm-1:45pm	45 minutes
Friday 22 nd January	Managing Addictions: Introduction	11:30am-12:15pm	45 minutes
Friday 22 nd January	Managing Addictions: Coping	12:15pm-1:00pm	45 minutes
Friday 22 nd January	Managing Addictions: Open Session	1:00pm-1:45pm	45 minutes
Monday 25 th January	Employment Support: Drop-In Session	1:00pm-4:00pm	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

Workshop Facilitators:

Caira Lewis

07584 182 834

Caira.Lewis@RichmondFellowship.org.uk

Priscilla Chung

07584 183 513

Priscilla.Chung@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