

MAY 2021 VIRTUAL WORKSHOPS (Residents of Hammersmith & Fulham)

| Day | Workshop | Time | Length |
|-------------------------------|---------------------|----------------|--------------------|
| Thursday 13 th May | Managing Addictions | 11:30am-1:45pm | 2 hours 15 minutes |
| Friday 14 th May | Self-Compassion | 11:30am-1:45pm | 2 hours 15 minutes |
| Thursday 20 th May | Building Resilience | 11:30am-1:45pm | 2 hours 15 minutes |
| Friday 21 st May | Work-Life Balance | 11:30am-1:45pm | 2 hours 15 minutes |
| Monday 24 th May | Employment Support | 1pm-4pm | 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:

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an expert group of charities inspiring individual recovery nationwide