

ONLINE WORKSHOPS*

Anger Management Workshops

Weds, 2-5pm. 21 Oct OR 18 Nov. For people wanting to understand anger, and learn tools to manage it.

Mental Health Awareness Workshops Weds, 2-5pm. 12 Oct OR 9 Nov. For people wanting to have an insight into mental health problems and approaches to managing them.

Mindfulness for Stress Reduction & Anxiety Reduction Workshops

Weds, 2-5pm. 7 Oct OR 4 Nov OR 2 Dec. For people wanting to understand stress and anxiety and learn mindfulness tools to manage.

ONLINE COURSES*

Art Course (10 weeks). Tues, 2-4pm, OR 6-8pm. Starting 29 Sept. People of all levels learn how to develop skills and express themselves using art techniques.

'Colour Me Glow' (CMG) - Makeup Therapy ** (10 weeks). Thurs 11am-1pm TBC. Starting 1 Oct. For young women and adults (especially who are overcoming domestic violence, stress or anxiety). Delivered using a person centred approach, for self-growth and recovery.

Effective Communication (10 weeks). Tues 11am-1pm. Starting 29 Sept. How to verbally communicate with confidence in different situations.

Gardening with Nature (10 weeks). Weds 3-5pm. Starting 7 Oct. How to sow and grow plants, and work with nature at the same time.

Hand Sewing (10 weeks). Tues 11am-1pm. Starting 29 Sept. Learn basic techniques and stitches to create a range of items for the home. Suitable for beginners.

Jewellery Making (10 weeks). Fri 2-4pm. Starting 9 October. Learn a range of techniques to make items for yourself and as gifts. Suitable for beginners.

Performance Skills (10 weeks). Mon 6-8pm. Starting 28 Sept. Learn a range of techniques, and build confidence in performing.

Personal Development (10 weeks). Fri 11am-1pm. Starting 2 Oct. To help you achieve your full potential, and build confidence to manage life's challenges.

Self Esteem (10 weeks). Mon, 11am-1pm. Starting 28 Sept. To understand and develop skills of self esteem.

Singing Skills (10 weeks). Mon 2-4pm. Starting 28 Sept. Learn a range of techniques, and build confidence in singing.

Workability (8 weeks). Thurs, 1.30-4pm. Starting 29 Sept. To understand and develop skills for work and volunteering.

* Free to Enfield residents (otherwise £3 per session), and all except CMG are funded by Barnet & Southgate College

** Funded by the London Community Response Fund

For more details, or to book a place contact:
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Promoting health and well-being

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