

ONLINE WORKSHOPS*

Anger Management Workshops

Thurs, 10-1pm. 18 Feb OR 18 Mar. For people wanting to understand anger, and learn tools to manage it.

Mindfulness for Stress Reduction & Anxiety

Reduction Workshops

Thurs, 10-1pm. 4 Mar OR 1 Apr. 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 23 Feb. People of all levels learn how to develop skills and express themselves using art techniques.

Effective Communication (10 weeks). Weds 11am-1pm. Starting 24 Feb. How to verbally communicate with confidence in different situations.

Gardening with Nature (10 weeks). Weds 3-5pm. Starting 24 Feb. How to sow and grow plants, and work with nature at the same time.

Hand Sewing (10 weeks). Tues 11am-1pm. Starting 23 Feb. 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 26 Feb. Learn a range of techniques to make items for yourself and as gifts. Suitable for beginners.

Performance Skills (10 weeks). Mon 2-4pm. Starting 22 Feb. Learn a range of techniques, and build confidence in performing.

Personal Development (10 weeks). Fri 11am-1pm. Starting 26 Feb. To help you achieve your full potential, and build confidence to manage life's challenges.

Self Esteem (10 weeks). Mon, 11am-1pm. Starting 22 Feb. To understand and develop skills of self esteem.

Singing Skills (10 weeks). Mon 4-6pm. Starting 22 Feb. Learn a range of techniques, and build confidence in singing.

Workability (10 weeks). Thurs, 1-3pm. Starting 25 Feb. To understand and develop skills for work and volunteering.

***All courses are FREE, and funded by Barnet & Southgate College**

For more details, or to book a place contact Martine: T: 020 8906 7507

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Promoting health and well-being

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