



LTEN
LONDON TRAINING AND
EMPLOYMENT NETWORK
Helping organisations grow.



DO YOU NEED SUPPORT?

We can help you with your mental health and well-being exploring local volunteering and job opportunities



Create CV's



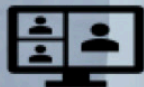
Free Training



Mindfulness



**Interview
Techniques**



Delivered Online



**One to One
Advice**

Course starts 12th January 2021 at 12 – 2pm

ARE YOU ELIGIBLE?

To be eligible for the 'Connect with Health programme' you need to live on The Holloway and York Way estates.

Over 12 weeks you will explore:

'Mindfulness' to support physical, psychological/emotional, social and welfare needs and manage long term health problems.

AND

Can attend 5 weeks drop-in sessions to explore: Local volunteering and job opportunities.

(For those who do not have access to a computer you will be able to loan one of our 'work tablets')

Participants will also be encouraged to continue learning after the programme has ended.

Interested?

For more information please call:

07903177703

Or email: Info@lten.org.uk

**GET IN
TOUCH
NOW!**