TUESDAY 8th August 2023

TARGETED PREVENTION TEAM SUMMERTIME OFFER LANCASTER YOUTH HUB 128A LANCASTER ROAD W11 1QS

CONFIDENCE BUILDING WORKSHOP 11AN - 3PM
HOW TO COMMUNICATE CONFIDENTLY WITH OTHERS
STRESS MANAGEMENT
LEARN ABOUT MINDFULNESS

EMPLOYABILITY SKILLS DROP IN SERVICE 11AM - 4PM
ACCESS TO EMPLOYMENT AND TRAINING OPPORTUNITIES
INTERVIEW PREPARATION
CV TIPS AND ADVICE



AND CHELSEA

