



Active Minds and Mind Employment Support Service are pleased to announce we are running another session of our new service run jointly by Active Minds and Mind Employment Support called 'Activity to Work'

This seven week programme is open to all service users and will combine six sessions of Active Minds activities combined with six workshops to support you in getting closer to seeking employment.

Participants will be able to take part in a variety of Active Minds group activities and may even decide to keep these up after the course has finished. Workshops will include self-confidence building activities like body language and recognising your personal abilities as well as practical sessions including how to develop your basic skills for work and how to find suitable volunteering opportunities.

This is an excellent place to begin your journey to work, develop transferable skills and get inspiration for your next steps as well as receive expert advice and support.

All we need from you is enthusiasm and a commitment to attend a maximum of two half day sessions per week for seven weeks

The next group starts with an induction on 18th October 2016.



To Register your interest call 020 8253 8200  
or email on [activeminds@mindincroydon.org.uk](mailto:activeminds@mindincroydon.org.uk)  
or [ess@mindincroydon.org.uk](mailto:ess@mindincroydon.org.uk)

