



Mental Health
Awareness Week
Anxiety
15 to 21 May 2023



UNITY WORKS

A week of workshops focusing on the topic of Mental Health Awareness Week: **ANXIETY**



For adults aged 19+ with a learning disability and/or autism

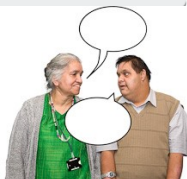
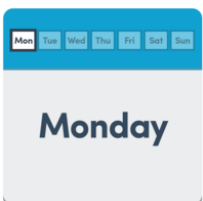


These courses are **FREE !**



They will take place at the Greenwood Centre

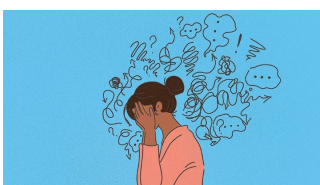
You will need to complete a booking form to register.



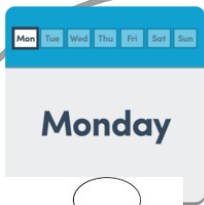
Lets Talk Anxiety



Open discussion on anxiety, how it makes us feel and impact on our lives



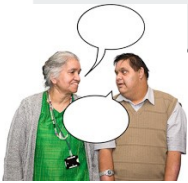
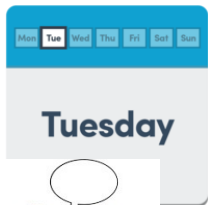
Talk with your peers and discover new ways to help manage anxiety



Money, Anxiety & Me

Talk and learn about how money can impact how we think and prioritise our needs and wants

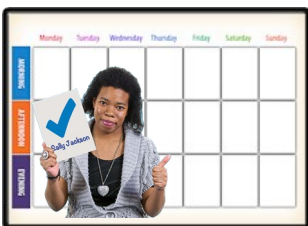
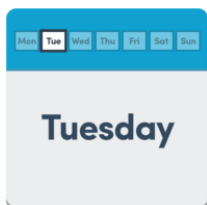
Feel more confident managing your money



Living in Permacrisis

Reflecting on the last 10 years of challenges from Brexit, changes in benefits, covid, climate change and the cost of living crisis

Learn how to feel happier about the future and to prepare for any more crisis's



Building Positive Habits

Understand more about habits and behaviours

How to break negative cycles and develop positive habits





Mindfulness

Explore what mindfulness and meditation is

Practice relaxation and mindfulness techniques

Learn new ways to keep calm

Feel more balanced in your everyday life



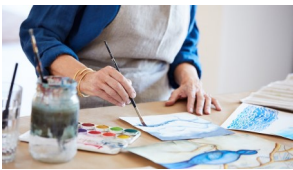
Can choose to attend either day



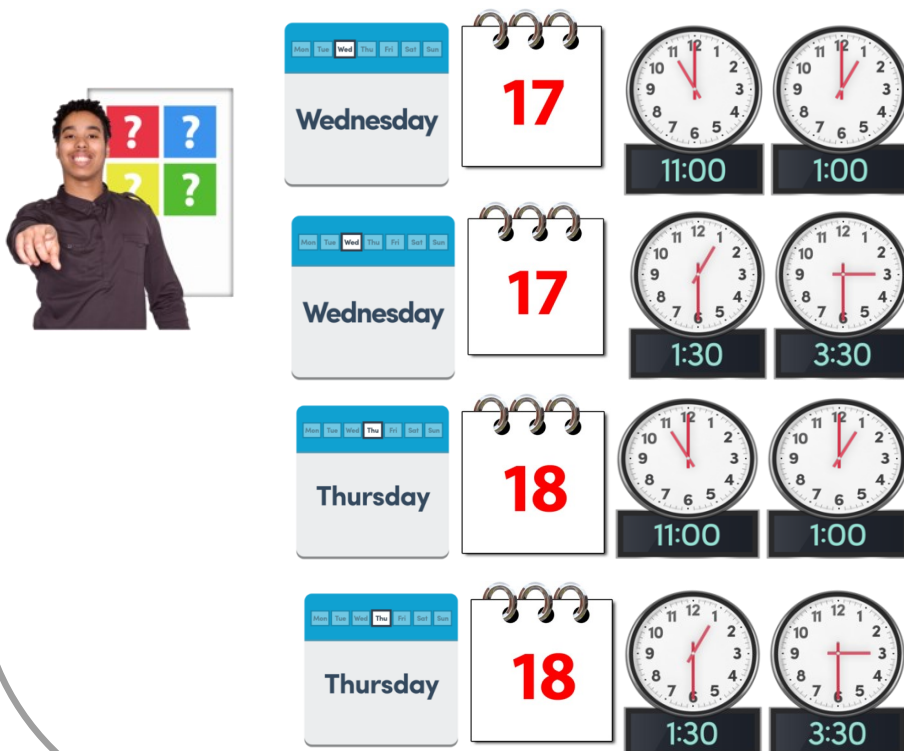
Art for Wellbeing

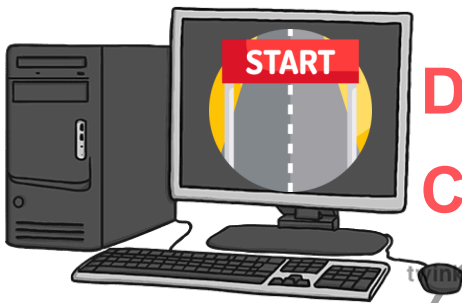
Find some calm being creative

Learn easy ways to use your skills at home

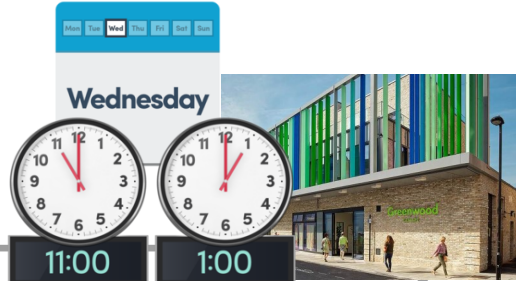


Several sessions to choose to attend:





Digital World Computer Basics



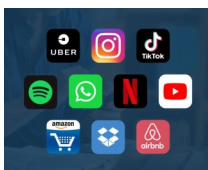
Can still join our weekly course at The Greenwood Centre. Wednesdays 11am - 1pm

Learn keyboard and mouse skills

Improve knowledge of different equipment and apps

Build confidence in your IT skills

And knowledge of where you can continue to practice your skills



My Career



Still time to join our weekly session at The Greenwood Centre. Thursdays 11am - 1pm

Building your own career path; identify skills needed and to improve on them

Developing interview techniques and mastering applications

Balancing work and social life

Staying on track to make your career a success!





Staying Well Hearts & Bodies



This is an 8 week course

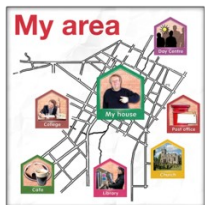
In the classroom and out in the community

Understand the factors that help improve your physical health

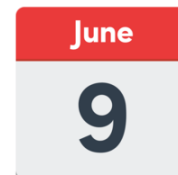
Learn about what has a positive or negative impact on your body

Find places in the community to exercise and stay healthy

Feel confident and look after your body!



Culture & History: Celebrating Pride



4 week course in Greenwood Centre and around London

Learn the history and origins of Pride celebrations

Discover the people and places that shaped Pride in London

Understand about language and what's important for different pride communities





These courses run from April 2023 to July 2023



These courses are **FREE** !!



They will take place at the Greenwood Centre



You will need to complete a booking form to register.



All courses help you to work towards your own goals



Our friendly tutors will help teach and support you along each step



You will get a certificate.



To book or for more information please Contact:

acl-courses@unityworks.org.uk

Laura on 07814 875 544