

HARROW TALKING THERAPIES NOVEMBER 2023 NEWSLETTER

Future events

Open to the public and NHS staff

MAKING RELATIONSHIPS WORK

SKILLS WEBINAR

WEDNESDAY 22ND NOVEMBER 2023
6:00PM-7:00PM VIA ZOOM

SIGN UP VIA LINK BELOW

FREE ONLINE MINDFULNESS DROP-IN SESSIONS

OPEN TO BEGINNERS AND ALL LEVELS OF EXPERIENCE

EVERY THURSDAY
4:30PM-5:00PM VIA ZOOM

SIGN UP TO ANY ONE OF OUR SESSIONS
VIA THE LINK BELOW OR USE THE QR CODE



Scan here to sign up to our webinars and
drop-in sessions, or visit our website:

talkingtherapies.cnl.nhs.uk/harrow/webform



Harrow
Talking Therapies