



Newham  
Recovery College

*Mind*  
Tower Hamlets,  
Newham and  
Redbridge

**NHS**  
**East London**  
NHS Foundation Trust

WEDNESDAY 14.5.202

# MENTAL HEALTH AWARENESS WEEK

OPEN DAY & TASTER SESSIONS

12PM - 5:30PM

1

## Self Care - Taster Session

Come and learn some self care tips and tools to help maintain your mental wellbeing



2

## Drama - Taster Session

Tap into your creative side and learn more about our Drama course in this taster session



3

## Yoga & Laughter Yoga Taster

Tap into your inner calm and peace by joining this Yoga taster session with laughter and breath work



4

## Exercise Taster Session

Lets get physical - Join in this taster exercise calss to improve your physical and mental wellbeing



5

## Awareness Tree

Share your thoughts of your Mental Health Journey



6

## Assertiveness workshop [4PM-5:30PM]

How does assertiveness relate to emotional intelligence? Gain some tips and tricks to become an assertive person (Capacity for this session is 15 people)



At Stratford Advice Arcade, 107-109 The Grove, E15 1HP