



Newham
Recovery College



Loneliness Awareness Week Event

This year's theme is
Meeting Loneliness Together

Monday 9th June

10.30am - 2pm

**Come in and join us for
community Information Stalls
Wellbeing Sessions
& Refreshments**

WELLBEING SESSIONS

11am - 11.45 am

Self Care with

Affirmation Stone Painting

12pm - 12.45pm

**Laughter, Meditation &
Breathwork**

**Stratford Advice
Arcade**

**107-109 The Grove,
London E15 1HP**

07823 900600

**elft.newhamrecoveryc
ollege@nhs.net**