



# SHARE YOUR THOUGHTS

Call us to enrol today:  
0208 583 6000  
[www.hace.ac.uk](http://www.hace.ac.uk)

Join our Talk Café  
- Maintain your  
wellbeing during  
this time

Mon | 1-2pm | 10.2.21 | 8 weeks | FREE

It is a confusing and disorientating time in Lockdown and we may have many feelings and emotions which we cannot express. Either there is no one to talk to anymore or we cannot reach the services we used to. We may also find ourselves caring and worrying for loved ones or finding it difficult to manage a day-to-day routine.

This course provides an open and non-judgmental online forum where you will learn to use everyday topics in discussions to help cope with fears and anxieties.

