



**NOW  
ONLINE**

**TALK  
FOR  
HEALTH**

# TALK FOR HEALTH CAFÉS

**SPACE TO BE YOU - WHOEVER THAT IS**  
**FREE PROGRAMME IN TALKING FOR WELLBEING**



# FREE PROGRAMME IN TALKING FOR WELLBEING

## WHAT'S THE IDEA?

It's important to take care of our emotional wellbeing, just as it is to take care of our bodies. One way of doing this is to connect in a truthful and empathic way with others.

## WHO IS IT FOR?

Anyone who wants to take care of their wellbeing and support others.

## WHAT ARE YOUR NEXT STEPS?

Come to a Taster or one of our Specials. Then you can:

- Come to **TALK FOR HEALTH CAFÉS**; continue talking for wellbeing and gain communication skills
- Do our in-depth 4-day Talk for Health Programme
- Follow these with ongoing groups for strong peer networks

It's all **FREE** and is commissioned by the NHS. You will learn and have space for:

- Honest talking – being the real you
- Empathic listening
- Basic counselling skills
- How to set up and be part of an ongoing group to talk for wellbeing

## TASTERS & SPECIALS

Date	Event	Where	Time
2020			
MAY 18, MON	SPECIAL: SLEEP	ONLINE	18:00 – 20:00
MAY 20, WED	TASTER	ONLINE	18:00 – 20:00
JUNE 3, WED	TASTER	ONLINE	18:00 – 20:00
JUNE, 17 WED	SPECIAL: POEMS	ONLINE	18:00 – 20:00
JUNE 24, WED	TASTER	ONLINE	18:00 – 20:00
JULY 3, FRI	TASTER	ONLINE	16:00 – 18:00
JULY 21, TUE	TASTER	ONLINE	18:00 – 20:00



## TALK FOR HEALTH CAFÉS AND ONGOING GROUPS

Every week - All year

islington  
giving

CAMDEN  
GIVING

NHS  
Islington  
Clinical Commissioning Group

"Teaches you the skills that society forgets; how to connect to your feelings and needs."

"I've always wanted to belong to a community, but never felt so welcomed as I did at T4H."

"I absolutely loved T4H and credit it for a lot of the happiness I experience now."

"T4H changed my life. It made me realise I could be a useful member of society."

"Offers the tools and ongoing groups to feel better in life."

## PLEASE REGISTER

for a taster through any of these routes