

FREE WELLBEING WORKSHOPS

Sutton College is pleased to offer the following FREE wellbeing workshops at the Riverside Centre.

To enrol, please search “Riverside” on www.suttoncollege.ac.uk and book online.

Relaxation & Self Care

Course Ref: E31001A14ZG
Wednesday 14 June, 2-4pm

Self Confidence & Assertiveness

Course Ref: E20007A14ZG
Tuesday 20 June, 12-5pm

Male Only Relaxation & Self Care

Course Ref: E32000A14ZG
Wednesday 28 June, 4-6pm

Relaxing with Arts & Crafts Workshop - Design a Garden Lantern

Course Ref: E41003A09AG
Thursday 6 July, 1-3pm

Relaxing with Arts & Crafts - Make a Keepsake Box

Course Ref: E41002A09AG
Thursday 29 June, 1-3pm

Parent Specific Relaxation & Self Care

Course Ref: E31002A14ZG
Wednesday 12 July, 1-3pm

Overcoming Anger & Irritability

Course Ref: E32002A14ZG
Wednesday 19 July, 4-6pm

Managing Change

Course Ref: E20008A14ZG
Tuesday 25 July, 12-4pm

FREE - Basic First Aid Workshop

Course Ref: E50001A01HG Friday 7 July 9:30am-11:30am

Learn how to deal with choking, poisoning, burns, and cuts as well as how to perform CPR and place someone in the recovery position.

FREE Employability Workshop

Course Ref: E50002A14XG
Friday 14 July 9:30am-12:30pm

Learn how to look for a job, gain CV writing skills and interview techniques

Venue - Riverside Centre, 113 Culvers Avenue, Carshalton SM5 2FJ