



10 Oct Managing Stress

When is this event?

This free 'Managing Stress' training session takes place on 10 October from 2-3pm.

How do I sign up?

Please email:

training@rethink.org

Or follow the link sent to you in the email which contained the poster.

Free Mental Health Training for Camden and Islington

Camden and Islington councils, in partnership with Rethink Mental Illness, are funding mental health training for anyone with a connection to Camden and Islington.