

CONNECT AND DISCOVER

Wellbeing Through Learning

Feeling down? Feeling anxious? Fed up?
Having trouble sleeping?

We offer free courses to enhance your wellbeing, lift your mood and help increase your confidence.



What is Connect and Discover?

Connect and Discover is a partnership involving Morley College, London voluntary organisations and NHS services.

It is for individuals who are feeling down, anxious or fed up and living in South London. Connect and Discover is a research project and we ask everyone taking part to complete a mood and wellbeing questionnaire at regular intervals.

To find out more or join one of our free courses:

- Call 020 7450 1831
- Email connectanddiscover@morleycollege.ac.uk

COURSE	DAY	DATE	TIME	WEEKS
Film Making for Beginners	Wednesday	8 June - 6 July	13:00 - 15:00	5
Kundalini Yoga and Meditation for Stress and Vitality	Thursday	9 June - 7 July	11:00 - 13:00	5
Gardening for Health and Happiness: Grow Summer Veg in a Hanging Basket	Thursday	9 June - 7 July	10:30 - 12:30	5
Photoshop: Creative Collage and Painting with Pixels	Thursday	9 June - 7 July	11:00 - 13:00	5
Mixed Media: Heads Up Project	Friday	10 June - 8 July	11:00 - 13:00	5
Japanese Calligraphy	Friday	10 June - 8 July	10:30 - 12:30	5
Joyful Noise: Have Fun, Sing and Make Music	Monday	20 June - 4 July	13:30 - 15:00	3
Food and Mood	Wednesday	22 June - 6 July	10:30 - 12:30	3

RECOVERY COLLEGE

Discovering your Confidence	Tuesday	14 June	10:00 - 16:00	1
Staying Well and Making Plans	Friday	24 June - 1 July	10:00 - 16:00	2
Understanding Anxiety	Monday	27 June	10:00 - 13:00	1