

## Hope & Wellbeing Project

### Ealing Adult Learning (EAL)

#### List of courses for Term 2 (Jan – Mar 2016)

Course code	Course title	Course venue	Course times and date(s)
CLMHP34EHC	<b>Introduction to Mindfulness</b>	Room A021, Ealing, Hammersmith and West London College, Ealing Campus, the Green, W5 5EW	<b>1.30-4.30 pm</b> 11/01/16
CLMHP37EHC	<b>Mindfulness Programme 1</b>	Room A022, Ealing, Hammersmith and West London College, Ealing Campus, the Green, W5 5EW	<b>1.30-4.30 pm</b> 15/02/16 22/02/16 23/02/16
CLMHP38EHC	<b>Mindfulness Programme 2</b>	Room A021, Ealing, Hammersmith and West London College, Ealing Campus, the Green, W5 5EW	<b>1.30-4.30 pm</b> 09/03/16 16/03/16 29/03/16
CLMHP33EHC	<b>Being Better at Managing Stress</b>	Room A021, Ealing, Hammersmith and West London College, Ealing Campus, the Green, W5 5EW	<b>1.30-4.30 pm</b> Dates to be confirmed
CLMHP3EHC	<b>Stress Management</b>	Room A022, Ealing, Hammersmith and West London College, Ealing Campus, the Green, W5 5EW	<b>1.30-4.30 pm</b> 25/01/16 01/02/16 08/02/16
CLMHP1RC	<b>Understanding Depression</b>	Room A022, Ealing, Hammersmith and West London College, Ealing Campus, the Green, W5 5EW	<b>1.30-4.30 pm</b>  18/01/16
CLMHP2EHC	<b>Managing Depression</b>	Room A021, Ealing, Hammersmith and West London College, Ealing Campus, the Green, W5 5EW	<b>1.30-4.30 pm</b> 27/01/16 03/02/16 10/02/16
CLMHP4R	<b>Understanding Anxiety</b>	Recovery College, 134-136 the Broadway, W13 0TL	<b>1.30-4.30 pm</b> 13/01/16

CLMHP4RC	<b>Managing Anxiety</b>	Room A021, Ealing, Hammersmith and West London College, Ealing Campus, the Green, W5 5EW	<b>1.30-4.30 pm</b> 17/02/16 24/02/16 02/03/16
TBC	<b>Social Media for Support Programme 1</b>	Northholt Library Church Road, Northolt, UB5 5AS	<b>2 – 4 pm</b> 02/02/16 09/02/16 16/02/16
TBC	<b>Social Media for Support Programme 2</b>	Northholt Library Church Road, Northolt, UB5 5AS	<b>2 – 4 pm</b> 01/03/16 08/03/16 15/03/16
CLMHP18	<b>Moving and Improving Programme 1</b>	TBC	<b>10-12</b> Thursdays from 07/01/16 till 11/02/16
CLMHP30	<b>Moving and Improving Programme 2</b>	TBC	<b>10-12</b> Thursdays from 18/02/16 till 24/03/16

*For more information on these and courses that can be tailored to the needs of your team or organisation, please contact:*

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Phone 0208 825 5577 (Mon-Fri - 10.00 – 14.00)