

IMPROVE YOUR WELLBEING WITH RISE AND SHINE



EVERY TUESDAY | 14:00 – 15:30

We're delivering free weekly sessions on Zoom for refugees and migrants* living in Hounslow.

These sessions are designed to:

- Focus on mental health and wellbeing
- Discuss nature and wildlife, seasonal food, storytelling, sleep, culture, museums, and exercise
- Get creative and meet new people

We've also partnered with **EACH Counselling & Support** to offer free one-to-one holistic and culturally-sensitive therapy for minority communities. If you or anyone you know is interested, please get in touch.

For more information or to register, contact impactlondon@groundwork.org.uk

**contact us to see if you're eligible*



London Borough
of Hounslow

