

# IMPROVE YOUR WELLBEING WITH RISE AND SHINE

EVERY TUESDAY | 14:00 – 15:30

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

These sessions are designed to:

- Focus on mental health and wellbeing
- Discuss new topics and learn new skills
- 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 [impact@groundworklondon.org.uk](mailto:impact@groundworklondon.org.uk)



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London Borough  
of Hounslow

