

# CAPE CENTRAL

St Andrews Church, Mount Park Road, Ealing, W5 2RS.

<b>Tuesday</b> <b>12-5pm</b> <b>Training Room</b> <b>1<sup>st</sup> Floor</b>	<b>Friday</b> <b>9.30am-3.30pm</b> <b>Meeting Room 6</b> <b>2<sup>nd</sup> Floor</b>
<b>English as a 2<sup>nd</sup> Language</b> <b>12-1pm</b>	<b>Nordic Walking</b> <b>10-11am</b>
<b>Employment Coaching 1-3pm</b> <b>(please register for an appointment)</b>	<b>Yoga for Post-Traumatic Growth</b> <b>11-12.30pm</b>
<b>FLY</b> <b>First Love Yourself</b> <b>Self-Compassion Group</b> <b>3-4pm</b>	<b>Financial Matters</b> <b>12.30-1.30pm</b> <b>(please register for an appointment)</b>
	<b>Behavioural Activation Therapy for Moderate &amp; Severe Depression</b> <b>1.30-3pm</b> <b>(8-10 week course)</b>

To attend any of the above sessions, pre-registration is required. It is not possible to attend any of the above activities without speaking first to Cape Central Psychological Support Worker Pauline McEvity. Pauline can be reached on 020 8896 2552 and 07387 141 987.