

Stepping Stones to Volunteering

Gain the skills, knowledge and
confidence to step into volunteering

A **FREE 3 day course** in June 2019 covering all the skills you need to become a volunteer, exclusively for Harrow residents who have experience of mental health problems.

At the end of the course participants will be offered ongoing **support into volunteering opportunities** with Mind in Harrow and other local organisations.

Volunteering experience can be a step towards seeking paid employment.



Enrolment **Wed 5th June at 11am** *at the Mind Office*
Course dates **Wed 12th, 19th & 26th June 2019 10am-4pm** *at the
Jaspar Centre*



For further information please contact:
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