

For further support please visit our website
www.hfehmind.org.uk or visit our TV Channel for
helpful resources at:
My-Mind.TV

Scan the QR Code below using your camera on your
phone. This will take you directly there



We value your feedback

Your feedback is important to us as it helps
improve our services. If you have any suggestions,
recommendations, questions, complaints or
compliments please contact us on
dutyadultservices@hfehmind.org.uk
0208 571 7454

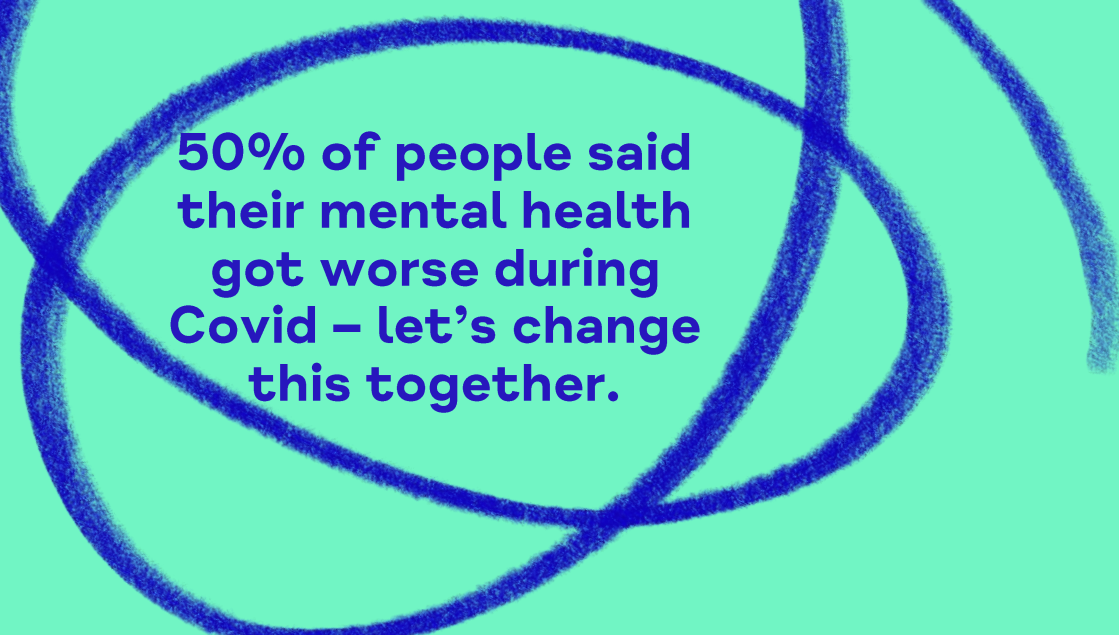
 **mind** Hammersmith, Fulham, Ealing and Hounslow

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Charity No. 801259



Y.A.N.A.
You Are not Alone
Train the Trainer
programme

 **mind**
Hammersmith,
Fulham, Ealing
and Hounslow



**50% of people said
their mental health
got worse during
Covid – let's change
this together.**

The Y.A.N.A. project's Train the Trainer programme is designed to further support communities by empowering them to tackle the feelings of isolation and loneliness.

We offer a comprehensive training on presentation and facilitation skills & the necessary psychoeducation knowledge to confidently deliver bespoke wellbeing and community building workshops in local communities.

As part of this programme you will :

- Understand how to work with individuals and groups to combat isolation.
- Get training materials and lesson plans ready to use for your sessions.

This programme is available for:

- Community leaders
- Professionals
- Service users

**For more information get in
touch with us!**

Email: yana@hfehmind.org.uk
Telephone: 0208 571 7454

www.hfehmind.org.uk