

# Making Learning Work 4U

## Free short courses running in Plymouth in November & December

Available for adults (19+) experiencing mild to moderate mental wellbeing problems. In particular, depression, anxiety and stress.

**Course:** Art in the Outdoors  
**Days of the week:** Monday  
**Start Date:** 09.11.15 until 14.12.15

**Course Length:** 6 weeks  
**Times:** 10:30 – 12:30  
**Address:** Crop Gardens, Penlee way, Stoke

**Course:** Festive Decoration Making  
**Days of the week:** Monday  
**Start Date:** 09.11.15 until 14.12.15

**Course Length:** 6 weeks  
**Times:** 13:30 – 15:30  
**Address:** Crop Gardens, Penlee way, Stoke

**Course:** Creative Writing  
**Days of the week:** Wednesday  
**Start Date:** 11.11.15 until 16.12.15

**Course Length:** 6 weeks  
**Times:** 14:30 – 17:00  
**Address:** On Course South West, Mutley

**Course:** Watercolours  
**Days of the week:** Thursday  
**Start Date:** 12.11.15 until 10.12.15

**Course Length:** 5 weeks  
**Times:** 10:00 – 13:00  
**Address:** Swarthmore Adult Ed Centre, Mutley

## Half day courses available for anyone interested

**Course:** Stress Management  
**Date:** Friday 20<sup>th</sup> November  
**Times:** 10:00 – 13:00  
**Address:** Plymouth & District Mind, 8  
Woodside, Greenbank, PL4 8QE

**Course:** Mindfulness  
**Date:** Friday 20<sup>th</sup> November  
**Times:** 14:00 – 16:00  
**Address:** Plymouth & District Mind, 8  
Woodside, Greenbank, PL4 8QE

To enquire further please contact Debbie Allen,  
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