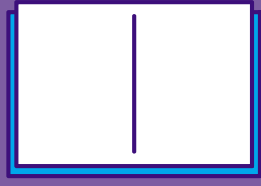


What's On at The ClementJames Centre?

March 2020



Regular Groups

Wellbeing Clinic: Tuesdays 2:30 pm - 5 pm
The Reader: Wednesdays 10:30 am - 12 noon
Writing Group: Thursdays 11 am - 12 noon
Speaking Group: Thursdays 12 noon - 1 pm
Life in the UK and B1 English: Fridays 11 am - 12 noon
Monthly Gardening Workshop: Friday 13th March



Adult Learning

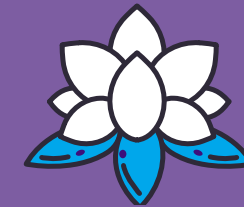
Our Pearson Edexcel-accredited Adult Learning courses are back in full swing for the Spring term. We're registering every **Thursday from 1 - 2:30 pm** for free courses in Maths, English and ICT, from beginners level

- Our Digital Skills course started at the end of February and will help you with social media, email, online universal credit applications, and more...
- Please email adultlearning@clementjames.org or contact us on **020 7221 8810** for more information



Women's Confidence Programme Tuesday 3rd March - 7th April

The Women's Confidence Programme returns in March! This is a five-week course designed to improve resilience, confidence, and connections. Places are extremely limited, email wellbeing@clementjames.org for more information!



Wellbeing Day Wednesday 1st April 1 - 5 pm

The ClementJames Wellbeing Day returns at the start of April to provide you with information about the wellbeing activities you can get involved in within the local area. In past years we've had a smoothie bike, reiki therapy, shared reading, representatives from the NHS and more!



Interview Skills Day Thursday 12th March 9:30 am - 3 pm

Our expert advisors, in partnership with Neilcott Construction Group, are holding an Interview Skills Day to help you ace upcoming interviews! You will have the opportunity to work one-on-one with a corporate volunteer for top tips tailored to your skills and interests. Lunch will be provided. Places are limited, email jerome@clementjames.org to book yours now!

Events to look out for in April and May...

- Tuesday 7th April - Intradermal Acupuncture Clinic
- Tuesday 14th April - Moxibustion Wellbeing Clinic
- Thursday 16th April - Community Gardening Group
- Wednesday 6th May - This is Me Narrowboat Trip
- Thursday 21st May - CJ Creates: This is Me Exhibition

Centre Closure!

We will be closed for staff training on **Wednesday 18th March** until 3pm.

Keep in contact :



Twitter
[@ClementJames](https://twitter.com/ClementJames)



Facebook
[@theclementjamescentre](https://www.facebook.com/theclementjamescentre)



Instagram
[@theclementjamescentre](https://www.instagram.com/theclementjamescentre)



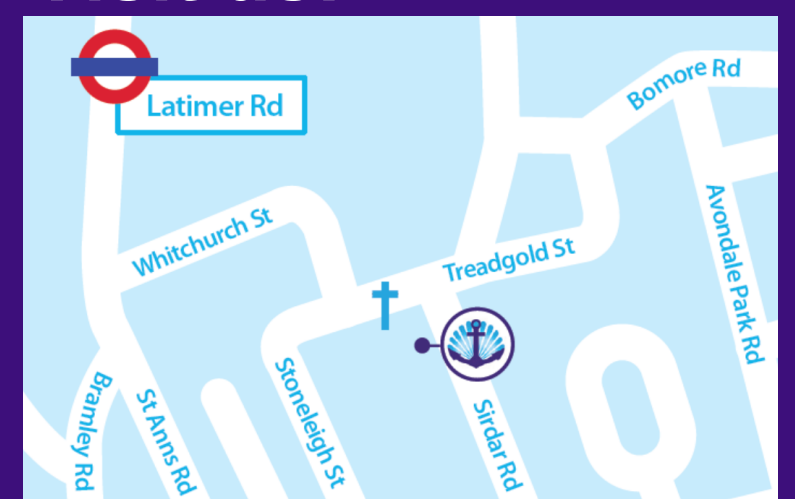
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