



Course details

Course title

Managing Mental Health and Wellbeing for Pre-entry ESOL

Course code

Q00026246

Course date

Start: 23/06/26

End: 22/07/26

Number of classes

10 sessions

Timetable

Tue 23rd Jun, 9:30 to 11:30

Wed 24th Jun, 9:30 to 11:30

Tue 30th Jun, 9:30 to 11:30

Wed 1st Jul, 9:30 to 11:30

Tue 7th Jul, 9:30 to 11:30

Wed 8th Jul, 9:30 to 11:30

Tue 14th Jul, 9:30 to 11:30

Wed 15th Jul, 9:30 to 11:30

Tue 21st Jul, 9:30 to 11:30

Wed 22nd Jul, 9:30 to 11:30

Tutor

Fauzia Adnan

Fee range

Funding available - £160.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Carramea Community Resource Centre (Harr
27 Northolt Road
Harrow
HA2 0LH

Level of study

Pre-Entry

Course overview

Learn about mental health and wellbeing in this supportive personal development course. You'll explore what mental health means, discover ways to look after yourself and others, and build skills to manage stress and improve your overall wellbeing. This friendly course is open to ESOL learners (Pre-entry-Entry 1) and offers a safe space to discuss mental health in everyday life.

Course description

Learn about mental health and wellbeing in this supportive personal development course. You'll explore what mental health means, discover ways to look after yourself and others, and build skills to manage stress and improve your overall wellbeing. This friendly course is open to all and offers a safe space to discuss mental health in everyday life.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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