



Wellbeing Workshops for Women

November 2024

Join us this month for our free women's only Wellbeing Workshops every week at FWT Centre!

Thursday 7th 12:30pm - 2:30pm **Therapeutic Painting**

(Presented by Tirth, FWT)

Thursday 14th 12:30pm - 2:30pm **Peace Festival Event**

(Presented by FWT Team)

Thursday 21st 12:30pm - 2:30pm **Herb Garden Making**

(Presented by Maryam, FWT)

Thursday 28th 12:30pm - 2:30pm **Increasing Employability**

(Presented by Shukria, FWT)

Please contact FWT on 07950813581 to join FWT's sessions.

Email: employment@fwt.org.uk

Website: www.fwt.org.uk

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Coventry City Council's -Employment, Skills and Adult Education Projects



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