

INTRODUCTION TO ONLINE COMMUNITY ONLINE COURSE

Wednesday 25 November 2020 2:00PM-2:45PM



This course is an introduction to how to use online technology to stay connected. Attending online workshops, activities, social groups and events is a fantastic way to stay connected with both your local and wider community but with so much out there, it can sometimes be hard to know where to start.

This online course provides a safe space to take positive risks and to learn from your efforts. We will explore how connecting with other people online and sharing common interests give us something to look forward to and how it can help to build resilience.

By learning practical tips and skills to make use of the online community, we aim to help you to develop new relationships and reduce stress and anxiety during this period of social isolation.

In partnership with Mind in Camden, we will be looking at what to consider when choosing an online group to attend, exploring the benefits of staying connected as well as offering some advice on how to stay safe and in control when attending virtual events. There will be space on the course for students and tutors to share and reflect on their own experiences of connecting online.

How to enrol

Register online

Find out more

www.candi.nhs.uk/recoverycollege

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