

# Livelihoods & Life Choices; Women's Employment & Wellbeing Project

## Details

### Description

Workshops will cover, Physical and Mental Well-Being, Nutrition and Food, Smart Budgeting, A Qualification in Employability, Digital Skills, 1 Week Work Placement and you will have a dedicated personal coach to assist you on a one to one basis.

To qualify for the programme, you must, live in Tower Hamlets, have lived in the UK for at least 3 years, have the right to work and be in receipt of benefits and NOT in paid work.

To reserve a place then please contact Tara Khanom [ontara.khanom@poplarharca.co.uk](mailto:ontara.khanom@poplarharca.co.uk) or call 020 7510 0571 and ask for Tara.

### Date

05 October 2020

### Start Time

12:30

### End Time

15:00

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## Costs

### Costs

Free

## Event Repeats

### Repeats

There are currently no upcoming scheduled repeats

## Venue Information

### Address 1

St Pauls Way Centre

### Address 2

83 St Pauls Way

### Town

London

### Postcode

E3 4AJ

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