

CoolTan Arts believes mental wellbeing is enhanced by the power of creativity

## SELF ADVOCACY SKILLS TRAINING

- 2nd July- How to Develop your Self Esteem 11-1pm
- 9th July- Open Event to CoolTan Participants: Understanding Gender Equalities by Ester Craddock by SlaM Trainer 11-1pm
- 10th July- Men's Group 3-5pm
- 16th July- Understanding How Medicines Work by SlaM Trainer 11-1pm
- 23rd July- Understanding the Structure of the Social Care System 11-1pm
- 24th July- Essentials of the Mental Health Act by Robert Lepper, SlaM Trainer 2-4pm
- 30th July- Learning about Social Care Services on Offer 11-1pm

July						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

(Check website for possible additional Training dates / and changes!)

Please email Phil Ruthen [phil@cooltanarts.org.uk](mailto:phil@cooltanarts.org.uk) or Michelle Savioz [michellesavioz@cooltanarts.org.uk](mailto:michellesavioz@cooltanarts.org.uk) for more information.

“July’s programme is the first full month including specialist workshops delivered by trainers from South London and Maudsley NHS Trust (SLaM). This ground-breaking arrangement will provide new and sustained opportunities for Self-Advocacy participants over the next 2 years. Working with SLaM trainers it’s hoped Self-Advocacy will strengthen further across the region. Please come and find out more about this exciting new addition!”



We are proud to have as Patrons: Maggi Hambling, Sokari Douglas Camp, Ali Smith, Clare Allan, Rosemary Shrager.  
 CoolTan Arts, 224-236 Walworth Rd London SE17 1JE T: 0207 701 2696 M: 0798 565 8443  
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