THE REFRESH PROJECT

VOLUNTEER OPPORTUNITIES

You can support change in your Community :

We are looking for volunteers to assist the project, as well as setting up and running support groups, to improve community well-being.

What we can offer you :

A *Free* Diploma in Counselling Skills Course
(limited spaces and terms & conditions apply)

About the Project :

The Refresh Coach, our qualified professional, will provide clients with up to 16 free and confidential 1:1 sessions, as well as community support groups.

For more information, call us on **0208 575 6139** or **07903 228 993**
Or email: **therefreshproject@empowering-action.org.uk**

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www.empowering-action.org.uk

COMMUNITY FUND