

About TASHA Foundation

TASHA Foundation provides counselling services, family therapy, holistic health care services, confidential support, aftercare programmes, training projects, self-help opportunities and out-of-hours support to individuals affected by substance misuse or mental health difficulties.

We strive to provide a flexible range of support services and opportunities to our client groups.

Our philosophy:

- Therapy and life skills training
- Affirmation of self worth
- Sustained community support links
- Holistic personal health choices
- Achievable personal goals

Underpinning all of TASHA's work is the passionate belief that self-help is a powerful tool. It helps people with complex needs move on to a place of strength and independence in their lives.

What we offer:

- Confidential 1-1 counselling
- Training and skills development
- Housing advice and support
- Relapse Prevention and Support Groups
- Acupuncture and Relaxation

Office Opening Hours:

Monday, Tuesday, Thursday & Friday:
9.30am to 5.30pm

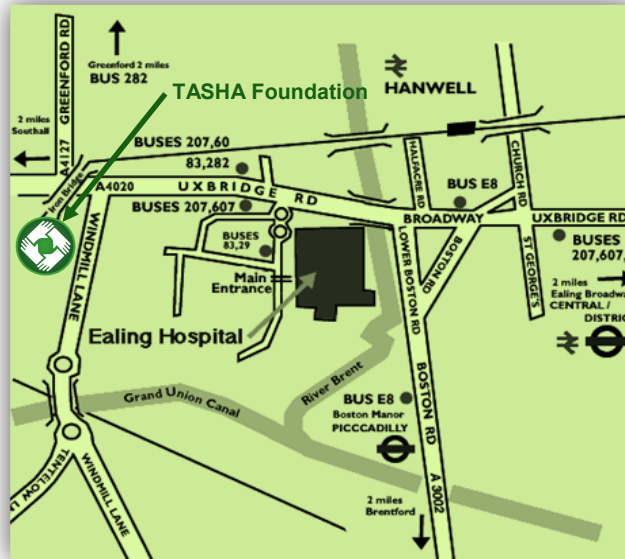
Wednesday & Thursday: 9.30am to 7.30pm

Saturday: 10.00am to 1.00pm

How to find us

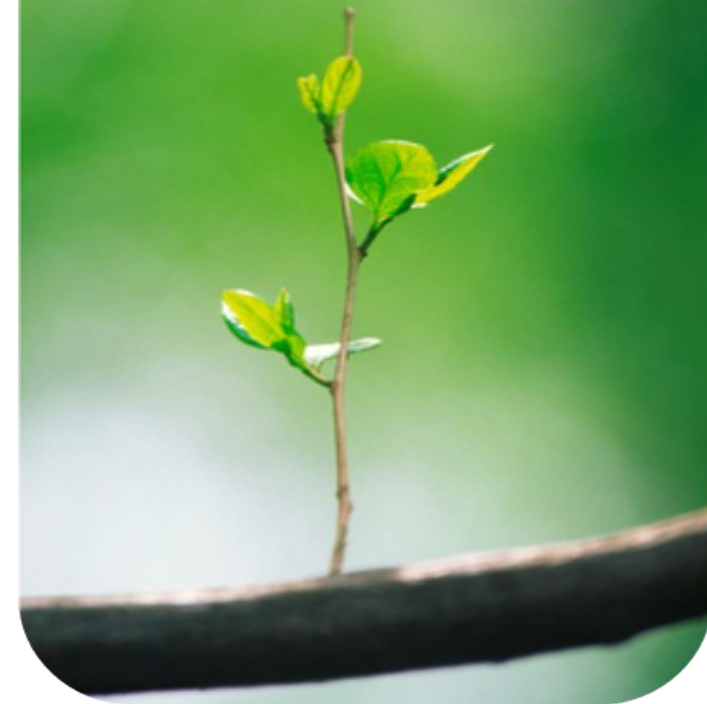
Our Ealing Offices are located next to the Iron Bridge off Windmill Lane. We are a 5 minute walk from Ealing Hospital.

Bus routes: Buses that stop right outside the office include the 207 and the 427. The E8 also stops close by.



LIFE SKILLS PROGRAMME

A 10 week course designed to help you unlock your potential



TASHA Foundation

Helping you to help yourself

Unit 14, Windmill Place Business Centre, Windmill Lane
Southall, UB2 4NJ

Tel: 020 8571 9981 • Fax: 020 8571 9981

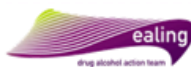
Email: enquiries@tasha-foundation.org.uk

www.tasha-foundation.org.uk



For more information please call

020 8571 9981



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TE/ELE/L3/V1.0

What is the Life Skills Programme?

Are you looking for a fresh start in your life? A new job? Know what you want but don't know where to begin?

Whatever your ambitions, here at TASHA Foundation we want to help you find your feet, and support you in making your goals a reality.

The Life Skills Programme is a 10 week course designed to do just that. We will help you gain the **confidence, motivation and skills** you need to **unlock your potential, achieve your goals and move on in your**



What will I gain from the course?

During this course you will get the opportunity to:

- Develop your self-confidence and motivation
- Learn new goal-setting skills
- Gain direction in your life
- Improve your time-management and organisation skills
- Learn more about yourself

Topics Covered

- Taking responsibility for your goals
- Problem-solving and creative thinking
- Goal-setting
- Research Skills
- Self-confidence
- Self-motivation
- Effective communication & interview skills
- Handling challenges and set-backs

How is it delivered?

- 10 weekly group sessions of 2 hours
- Small groups
- Weekly assignments to put your new skills into practice
- Face to face and telephone support
- 2 follow-up sessions after you complete the course, to cement the positive changes you have made in your life



Can I join?

You can join the Life Skills Programme if you are:

- Currently at TASHA Foundation
- Abstinent from drugs and alcohol
- Accessing training through TASHA's Learning Centre
- Thinking about your future and want support in achieving your goals

If you're interested but are unsure whether or not this course is for you, speak to your keyworker or any member of staff in the Learning Centre.

How can I sign up?

You can join the Life Skills Programme in one of 3 ways:

- Speak to any member of staff at the Learning Centre.
- Ask your keyworker at TASHA to refer you
- Add your name and details to the waiting list at reception and you will be contacted shortly.

If you are not yet at TASHA Foundation and wish to join this course or access any of our other services, speak to your keyworker at your current agency about being referred. You can also call us on **0208 571 9981**.

