

OUT OF HOURS HELPLINE:

020 8560 6601

Open Mon, Tue, Sat & Sun

From 6pm to 9pm

'Seeking Help is a Positive Step'



TASHA Foundation



Unit 14, Windmill Place Business Centre, Windmill Lane, Hanwell UB2 4NJ
Tel: 020 8571 9981, Fax: 020 8571 9983, www.tasha-foundation.org.uk

FOR MORE INFORMATION PLEASE CALL

020 8571 9981

Helping you to help yourself!

AFTERCARE GROUPS & ACTIVITIES

MONDAY		Employment Support 12.00 pm – 2.00 pm Venue: VIP Suite, Contact: Anita	Relapse Prevention Group 2.00 pm – 3.30 pm Venue: Board Room, Contact: Tim	
TUESDAY	Literacy, Numeracy & IT 10.00 am – 12.00 pm Venue: VIP Suite, Contact: Vick	Acupuncture 12.00 pm – 1.00 pm Venue: Board Room, Contact: Anna	Literacy, Numeracy & IT 2.00 pm – 4.00 pm Venue: VIP Suite, Contact: Vick	Housing Support Group 2.30 pm – 3.30 pm Venue: Board Room, Contact: Laura (Every 3 rd Tuesday)
	Relaxation 1.00 pm – 2.00 pm Venue: Board Room, Contact: Jennifer			
WEDNESDAY	Literacy, Numeracy & IT 10.00 am – 12.00 pm Venue: VIP Suite, Contact: Vick	Art Group 12.00 pm – 2.00 pm Venue: Board Room, Contact: Pablo	Literacy, Numeracy & IT 2.00 pm – 4.00 pm Venue: VIP Suite, Contact: Vick	Carers Support Training 5.00 pm – 6.30 pm Venue: VIP Suite, Contact: Alistair
		Smoking Cessation Group 11.45 am – 12.30 pm Venue: EACH Hanwell, Contact: Anna	Life Skills Programme 2.00 pm – 4.00 pm Venue: Board Room, Contact: Pablo	Friends & Family Support 6.00 pm – 8.00 pm Venue: Board Room, Contact: Tim (Every 1 st and 2 nd Wednesday)
THURSDAY	Literacy, Numeracy & IT 10.00 am – 12.00 pm Venue: VIP Suite, Contact: Vick	Course Search Surgery 12.00 pm – 1.00 pm Venue: VIP Suite, Contact: Pablo	Literacy, Numeracy & IT 2.00 pm – 4.00 pm Venue: VIP Suite, Contact: Vick	
	Life Skills Programme 10.00 am – 12.00 pm Venue: Board Room, Contact: Pablo	Personal Development 12.00 pm – 2.00 pm Venue: Board Room, Contact: Ali		
FRIDAY	Life Skills Programme 10.00 am – 12.00 pm Venue: Board Room, Contact: Pablo	Employment Support 12.00 pm – 2.00 pm Venue: VIP Suite Contact: Anita		