

# UNITY FUTURES

UNITY WORKS



## NEW COURSES IN SEPTEMBER

Join us now in Kentish Town!

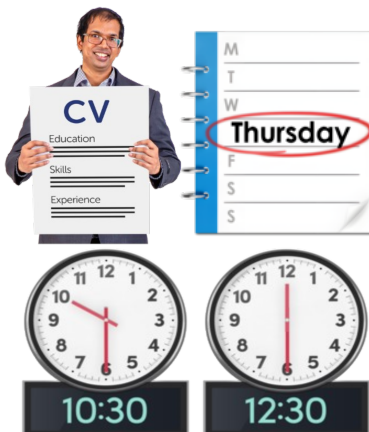


Practical workshops for young people with a learning disability and/or autism

Aged 16-25



At Holmes Road, NW5 3AQ



**Thursdays from 10.30-12.30**

**Ready For Work! Building skills and Confidence**

Learn about :

- employer expectations
- Workplace behaviour & team work
- Diversity and inclusion
- Health and Safety
- Starting work tips





## Thursdays from 1:30pm - 3.30pm

### Understanding and Managing Relationships

Learn about :

- Different types of relationships
- Expectations and Social Rules
- Real and Fake Relationships
- 



## Fridays from 10.30-12.30

### Lets Talk Searching and Working

Discussion to share thoughts, feelings and anxieties.

Exploring motivation, dealing with rejection, building confidence and self belief

Hearing from people who are in work and their stories.





## Fridays from 1:30pm - 3.30pm Social Media Safety



Learn about :

- What social media is
- Different online relationships
- Influencers
- Fake vs. real news
- Managing mental health
- Looking for love or work online



All our sessions are inclusive for everyone



You can decide which session you want to come to.



For more information on a particular session or if you would like more information on topic please contact:

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