

# Online Wellbeing Workshops for Partners of RAF Personnel



## Coping Strategies Workshops

Enabling partners to access their existing strengths, and incorporate these into new Coping Strategies for the Covid-19 situation and into the future

We are pleased to offer the Coping Strategies Workshops in the following formats:

- One full session on Monday 6<sup>th</sup> July 2020 starting at 10am (up to 90 minutes)
- or
- Four weekly sessions starting Thursday 9<sup>th</sup> July 2020 through to Thursday 30<sup>th</sup> July 2020 (up to 45 minutes per session)

The Workshops are free and just require access to the internet

More Workshops will be held in August & September 2020

Please keep an eye on our Website for further details

[www.rafbf.org/how-we-help/serving-raf/support-families-and-relationships/wellbeing-and-employment-workshops](http://www.rafbf.org/how-we-help/serving-raf/support-families-and-relationships/wellbeing-and-employment-workshops)

