

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



DEALING WITH ADVERSITY IN 2021

Adversity comes in many forms, physical, mental, emotional, social, spiritual and financial adversity. This workshop is designed to help you adequately deal with difficulty and misfortune. The workshop is split over four sessions on:

- Thursday 15 April: 10am to 11.30am
- Thursday 22 April: 10am to 11.30am
- Thursday 29 April: 10am to 11.30am
- Thursday 6 May: 10am to 11.30am

“The Thrive workshops looked really, really good – something to help RAF spouses find their own value and self-worth, leading to better employment prospects. I found the whole course really useful and would like to thank the RAF Benevolent Fund for supporting us in this way.”

RAF spouse, Thrive Programme attendee

Please apply by Thursday 8 April as places are limited. The workshops are free for spouses/partners of serving RAF and require internet access. For more information visit: **rafbf.org/thrive**