

# Preparing for Work

Are you unemployed and have mental health issues?  
Would you be interested in improving your skills and learning new ones to help you find volunteering or employment?

Would you be interested in improving your skills and learning new ones to help you with finding a job?



North Kent Mind are holding a free 10 week course for people living in Dartford, Gravesend or Swanley areas.

If you are interested in attending please contact:

[suecarter@northkentmind.co.uk](mailto:suecarter@northkentmind.co.uk)

or 01322 291380

