

Inspirations

Employment Support

Our Inspirations Employment Support service offers training in both soft and hard skills to support Gravesend and Medway residents to enter the workforce whilst managing mental health and wellbeing

Support offered:

- 8 weekly group peer support sessions
- Motivation to work—mental health benefits
- Managing anxiety in the workplace
- CV and cover letter support
- Job sustainment
- Additional one-to-one support sessions



Upcoming groups:

Gravesend: Date and venue to be confirmed

Chatham: Date and venue to be confirmed

To find out more or make a referral, please either visit our website or contact our team at:

employmentservices@northkentmind.co.uk

<https://northkentmind.co.uk>