

finding
it tough?

~~MENTAL WELLBEING~~ COURSES

“No really, it’s all good” too much!

Are you a veteran? A family member of serving personnel? Working on an RAF station?

We are offering free tailored mental wellbeing training courses for non-serving members of the RAF community, specific to your RAF connection, that will help you overcome some of the struggles you may face.

We’ll help you to see things differently and learn practical steps to tackle some of life’s challenges – or the challenges experienced by the people you care about – helping you and others to take the first steps to get back on your feet and take control of your life.

We have a course available at **the RAF Association York Branch on the 19 June 2024 1000 - 1400** for RAF veterans, the family members of serving personnel and veterans, and anyone that is working to support the RAF community. Attendees are required to provide their own lunch.

Address:
RAF Association York Branch
RAFA House
3-5 Aldwark
York
YO1 7BX

Participation will be in small, confidential groups.

“An excellent course – I wish I’d done this years ago!” - Finding it tough?
participant, 2022

To attend the session, book your place by emailing FIT@rafa.org.uk with the title and date of the course, and include the following information:

- Name
- Contact information (email address and telephone)
- Your connection to the RAF community.

