

Learn Hillingdon Emotional Health & Wellbeing Courses

Our fully funded Emotional Health & Wellbeing courses are delivered in a safe and supportive environment and there are opportunities to receive further guidance on your journey to better mental health. [Course List | ontrack: Learner Hub \(tribal-ebs.com\)](#)

To enrol on any of the following courses: [Click here - Learn Hillingdon - Wellbeing Courses Booking Form](#)



Course Code	Course Title	Start date	Time	No. of sessions	Location	Price
MHC1019	Understanding & Managing Symptoms of Stress	Tuesday 21st January 2025	12:30 pm - 15:00 pm	4 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)
MHC1037	Stress Free Using a Computer Course Part 1	Thursday 23rd January 2025	09:45 am - 11:45 am	4 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)
MHO1038	Mindfulness, Meditation & Relaxation Online	Thursday 23rd January 2025	14:00 pm - 16:30 pm	3 Weeks	Online	£0.00 (Fully funded)
MHC1035	Creative Crafts for Wellbeing	Monday 3rd March 2025	10:00 am - 12:30 pm	5 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)
MHC1036	Creative Wellbeing - Knit to Unwind	Monday 3rd March 2025	13:30 pm - 15:30 pm	5 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)
MHC1018	Stress Free Using a Computer Course Part 2	Thursday 6th March 2025	09:45 am - 11:45 am	5 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)
MHO1039	Stress Busting & Relaxation Online	Friday 7th March 2025	10:00 am - 12:30 pm	4 Weeks	Online	£0.00 (Fully funded)

If you have any questions, please contact us on 01895 556 248 or email emotionalwellbeing@hae-acl.ac.uk