

July 2020

Free online courses for 16-30 year olds



**START
SOMETHING**

Wed 1st

11am & 2pm Essential Skills ICT
1pm Make Up
1pm Enterprise
1pm Mental Health First Aid

Thu 2nd

11am Photography Info Session
1pm Make Up
1pm Enterprise
1pm Mental Health First Aid

Fri 3rd

1pm Make Up

Mon 6th

11am & 2pm Essential Skills Numeracy
11am Photography
2pm Unlock Skills for Work

Tues 7th

11am & 2pm Essential Skills Literacy
11am Photography
2pm Unlock Skills for Work
2.30pm Wellbeing Session

Wed 8th

11am & 2pm Essential Skills ICT
11am Photography
2pm Unlock Skills for Work

Thu 9th

11am Photography
11am Healthy Lifestyle
2pm Unlock Skills for Work

Fri 10th

11am Photography

Mon 13th

11am & 2pm Essential Skills Numeracy
2pm Unlock Skills for Work

Tues 14th

11am & 2pm Essential Skills Literacy
2pm Unlock Skills for Work
2.30pm Wellbeing Session

Wed 15th

11am & 2pm Essential Skills ICT
2pm Unlock Skills for Work

Thu 16th

11.30am Unlock Skills for Work

Fri 17th

11.30am Yoga info session
1pm Enterprise

Mon 20th

9.30am Team Programme, East Belfast
11am & 2pm Essential Skills Numeracy
11.30am Yoga

Tues 21st

11am & 2pm Essential Skills Literacy
11.30am Yoga
1pm Enterprise
2.30pm Wellbeing Session

Wed 22nd

11am & 2pm Essential Skills ICT
11.30am Yoga
1pm Enterprise

Thu 23rd

11.30am Yoga
1pm Enterprise

Fri 24th

11.30am Yoga
1pm Enterprise

Mon 27th

11am & 2pm Essential Skills Numeracy

Tues 28th

11am & 2pm Essential Skills Literacy
2.30pm Wellbeing

Wed 29th

11am & 2pm Essential Skills ICT



www.princes-trust.org.uk