Learn Hillingdon
Adult Community Education

Find the right emotional health and wellbeing course for you

Your wellbeing journey begins	Manage your wellbeing	Choose your next steps
Improve Your Mental Health through Art	Steps to Self-Care and Goal Setting	Wellbeing in Action – Volunteering, Living in your Community
Improve Your Mental Health through Creative Crafts	Ways to Wellbeing – Explore Practical Techniques	Improve your everyday skills – English, maths, digital, ESOL
Active Living for Wellbeing	Healthy Mind, Healthy Body courses	Skills for work – health and social care, childcare, floristry, IT