

Elfrida's workshops



Schedule of 2026 sessions

		Making Choices About Your Healthcare
		The Role of LD Nurses
		Different Types of Advocacy
		Hospital and Communication Passports
		Mental Health Prevention
		Sexual and Reproductive Health

What time?
11AM - 12PM

Where?
On Teams

Please call, text or email us if you would like to come:

Jules: 07495 918 724 - jules.debellis@elfrida.com