

# ONGO COMMUNITIES

## Free Training courses

### January

#### Get into Hospitality

Date | 14/01/26

Time | 9:30am - 3:30pm

#### Mindfulness Bootcamp

Date | 15/01/26

Time | 10:30am - 12:30pm

#### L1 Mental Health First Aid

Date | 19/01/26

Time | 9:30am - 12:30pm

#### Mindfulness Bootcamp

Date | 22/01/26

Time | 10:30am - 12:30pm

#### Mindfulness Bootcamp

Date | 29/01/26

Time | 10:30am - 12:30pm

#### Volunteer and Work Placement Induction

Date | 30/01/25

Time | 9:30am - 2:30pm

### February

#### Computer Confidence

Date | 03/02/26

Time | 09:30am - 3:30pm

#### Get Into Customer Service

Date | 11/02/26

Time | 10:30am - 1pm

#### Mindfulness Bootcamp

Date | 11/02/26

Time | 10:30am - 12:30pm

#### Unlocking Apprenticeship Opportunities

Date | 13/02/26

Time | 10:30am - 2:30pm

#### L1 Mental Health First Aid

Date | 17/02/26

Time | 9:30am - 12:30pm

#### Volunteer and Work Placement Induction

Date | 20/02/26

Time | 09:30am - 2:30pm

#### EMPOWER YOU

Date | 24/02/26

Time | 09:30am - 2pm

### March

#### Volunteer and Work Placement Induction

Date | 06/03/26

Time | 9:30am - 2:30pm

#### L2 Food Safety

Date | 11/03/26

Time | 9:30am - 3pm

#### Mindfulness Bootcamp

Date | 11/03/26

Time | 10:30am - 12:30pm

#### Unlocking Apprenticeship Opportunities

Date | 13/03/26

Time | 10:30am - 2:30pm

#### Get Into Admin

Date | 16/03/26

Time | 10:30am - 1pm

#### L2 Emergency First Aid

Date | 17/03/26

Time | 9:30am-4:30pm

#### L2 Mental Health First Aid

Date | 24/03/26

Time | 9:30am-4:30pm

#### Mindfulness Bootcamp

Date | 25/03/26

Time | 10:30am-12:30pm

For more information or to sign up please contact



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