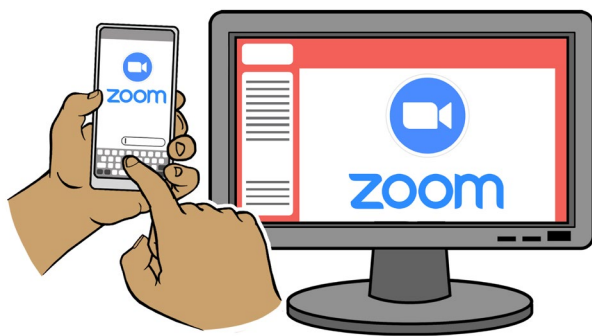


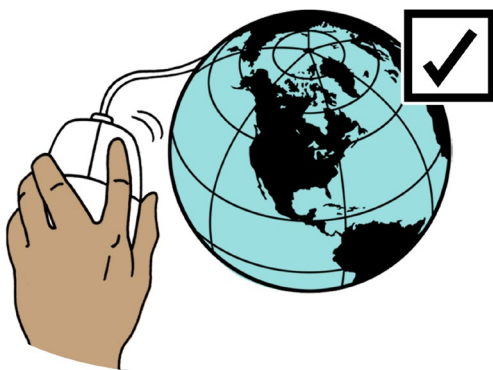
# Help Hub



Change are holding online training sessions.



The training sessions will be done using **Zoom**. **Zoom** is a video chat application that you can use on your computer or mobile phone.



You will need to use the internet to take part in these training sessions.

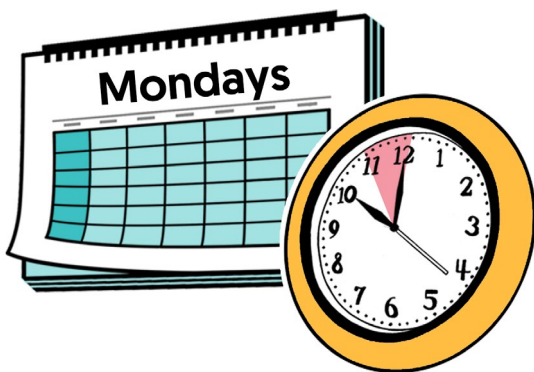


There are two training sessions you can take part in.

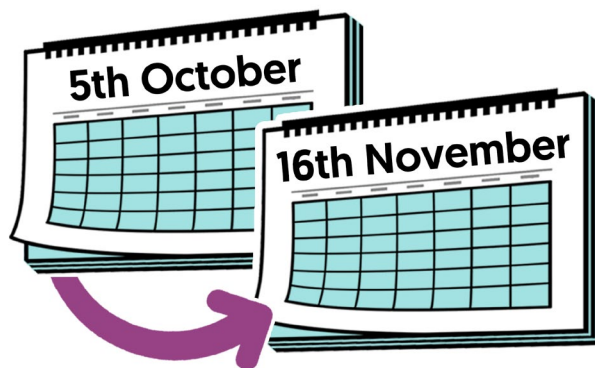
## Exploring Relationships and Sexual health



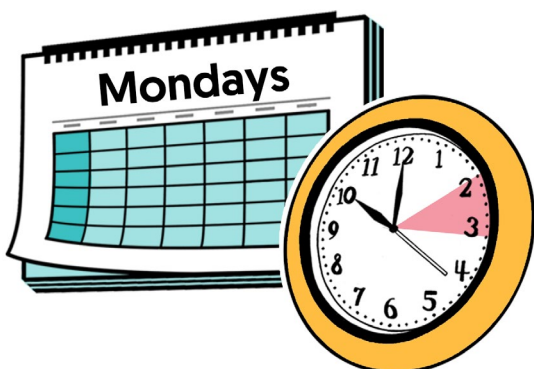
This training will be from 5th October to 26th October.



The zoom call will be every Monday at 11am until 12pm.



This training will be from 5th October to 16th November.

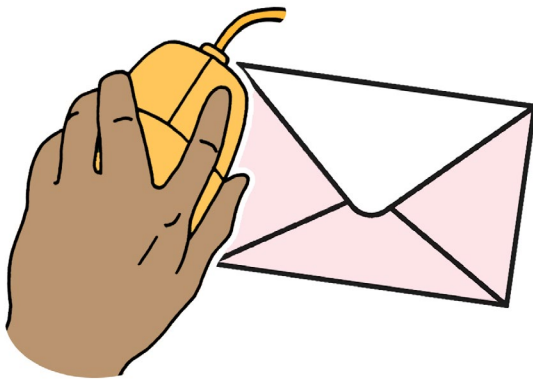


The zoom call will be every Monday at 2pm until 3pm.

# Contacts



If you are interested in taking part in these training sessions then please contact us.



Email at:

[dominiqueb@changepeople.org](mailto:dominiqueb@changepeople.org)