



EMPOWERING GROWTH IN CHALLENGING TIMES

POWER TO ACHIEVE:

Challenges of life should not define you.

“Even in moments of uncertainty, you can thrive by adapting to overcome challenges for growth!!!”

Thrive Through the Crisis (TTC) is a project that aims to encourage, empower and equip struggling black African/AfroCaribbean individuals in the London Borough of Brent with necessary basic skills, knowledge/tools and to offer support needed to overcome challenges/obstacles faced by those individuals.

We will work with you to build resilience to navigate difficult paths and to overcome hardships on your path for better living.

We invite you to join us to work together in sharing ideas that would continue to build resilience, share resources, and unlock opportunities that may help you as an individual to navigate crisis with confidence for your development in life.

ACTIVITIES & SUPPORT

Training on:

- Sexual Health
- Stress management
- Mental health
- Strategies and Coping mechanism
- Some general health issues and ways to tackle them

Support group:- To share

- Experiences and receive guidance
- Community, Networking opportunities and collaborative initiatives.

Join us to:

- Learn how to turn crisis to opportunity
- Gain practical skills to build emotional strength
- Build Self-Esteem
- Connect with supportive peers and professionals

Call to Action

Join us to take necessary initial steps towards building self-resilience and growth



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