

Live Life To The Full



STARTING THURSDAY 7TH OCTOBER
WYNDHAM STREET CENTRE,
RIVERSIDE
10 – 12:30

The course will cover...



Learn how to change things for the better



Learn to overcome low confidence



Learn to overcome negative thoughts.



How to tackle problems life throws at you



Gain Control over Anger and Frustration



Ten Steps to Feel Happier and Healthier

How Long is the Course? 2.5 Hours for 6 Weeks

How much is it? FREE!

For more information and to book your place contact

employability@ccha.org.uk

or Text/WhatsApp/Call Jane on 07966632783