



Training Course

For better
mental health

Confidence Building: Make your experience count

This course will encourage you to think about your **SELF and **YOUR** personal experiences and build on them, as a way of helping **YOU** to make choices and prepare for moving on to further opportunities - for example, in education, training, employment or voluntary work.**

starts: Wednesday 14 April 2010 - 30 June 2010
9:45am - 12:15pm (2½ hours per session)

Fees: Cost of course £30.00, £2.50 per week for the
12 week course, payable in advance

For more information or to book please call 020 8887 1497

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Confidence Building

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