Confidence Building

wea.org.uk

Health & Lifestyle

This is the second of two Confidence Building courses but completion of the first course is not mandatory and you can join this follow-on course as a beginner. With a focus on positive Mental Health, this course seeks to heighten personal confidence and explore coping methods for dealing with day to day challenges using a range of activities and strategies. There is no judgement and everyone can come feeling safe and relaxed.

Location:

Jan Cutting Healthy Living Centre
Scott Business Park
Beacon Park Road
PL2 2PQ

To enrol please quote the course reference **C3533267** either online at **wea.org.uk** or by ringing **0300 303 3464**

Fri 11 March – Fri 8 April
12:30 – 2:00pm, 5 sessions

Course fee: £30
FREE for eligible learners (see below)

Course eligibility criteria
Evidence of set criteria will be required to access our courses for free. For full details of these requirements please call us or visit our website. Students who are not eligible to attend for free are still able to attend for a subsidised booking fee. Details of these again are available by contacting us by phone or by visiting our website.

Supported by

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Education & Skills Funding Agency

The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



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