

Confidence and Resilience Building course

(For people who have or previously have had addiction issues)

At: The Living Room, 8-10 The Glebe, Chells Way, Stevenage, Herts SG2 0DJ

Dates: 27th Sept, 4th, 11th, 18th, 25th October and 1st November 2018

Time: 10 am - 3pm

This course is run by people with a lived experience and will look at:

- Goal planning
- Assertiveness & Boundaries
- Identifying your strengths and resources,
- Creativity

"It was great to learn that I am not worthless and to challenge my negative beliefs. I found the course very empowering and the facilitators were amazing. Thank you"

To sign up for this free course please contact the office on 01707 386136 or email info@hertsviewpoint.co.uk

Reasonable travel expenses and refreshments provided. Please bring your own lunch.



Viewpoint

Because your voice matters