

Confidence Building



This course will help you to gain and increase your confidence levels by encouraging you to plan short term goals, explore how to say 'No' and look at how you can become more assertive.

Groups will be small and friendly and will be held on Wednesday's

This is a 4 week course

Start Date: Wednesday 5th June 2019

Time Week 1: 2pm–3pm

Time Weeks 2,3 & 4: 2pm-4pm

Venue:

The Joseph Palmer Centre

319 Walton Rd, Molesey, West Molesey KT8 2QG

Please bring your National Insurance number with you

You will need to be registered with Mary Frances Trust to attend this group.

Please contact us for referral paperwork.

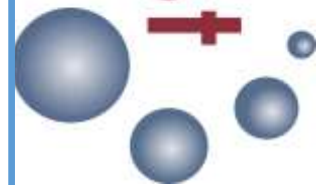
To book your place, please ring 01372 375400,

Email info@maryfrancestrust.org.uk

or text 07929 024722

Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery

Mary Frances Trust



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