

Confidence Building and Conflict Management Course



- ◆ Simple and effective techniques and advice on how to boost your self-confidence.
- Learn how to communicate better and become more assertive
- Understand how to resolve conflict positively and effectively

This 5week course will be held on Tuesdays
At

Tadworth Leisure Centre
Preston Manor Road, Epsom, Tadworth KT20 5FB

Starting on 5th March 2019
The session starts at 12noon and ends at 2pm

To join, you need to register with
Mary Frances Trust

You can contact MFT by:

Tel: 01372 375400, Text: 07929 024722

email: info@maryfrancestrust.org.uk

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

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