

Into to Assertiveness



This free 3-hour workshop will help you to become more assertive, whilst recognising aggressive, assertive and passive behaviours. Learn strategies for saying what you mean and meaning what you say, and allow you to understand the reasons for non-assertive habits.

Date: Thursday 19th September 2019

**Venue: The Marshall Room
Ashted Peace Memorial Hall
Woodfield Lane, Ashted KT21 2BE
Time: 2pm-5pm**

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

This workshop is part of a programme delivered in partnership with the AshLea Medical Practice and Assura Healthy Communities Scheme.



Assura



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