

Confidence Building Course



Mondays, 1 – 29 April, 2-4pm
5 week course

- Introduce short term goals to aid and boost confidence
- Discuss strategies to say no
- Introduce the concept of a happy book and a vision board
- Look at ways to be assertive

**Brickfield Centre, Portland Place,
Epsom, KT17 1DL**

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

