



Do you feel in control of your life ? Or do you feel situations, events or other people take over ?

Are there things you wish you could do or were better at or do you just want to feel good about yourself ?

How you see yourself has a huge impact on your confidence, your relationships, your belief in what you can and cannot do and how you behave ! We have a great programme that will be starting in September that will give you some tools and skills to start to feel better about yourself and we will support you to set some goals, cope with everyday hassles and even help you with anxiety and stress.

Why not come along to a school near you where you can have some time to focus on yourself (for a change) and what you want. There's no test and you won't have to do anything you don't want to do. It's just some friendly faces, offering some friendly advice to help you to be a better 'YOU' - the person you want to be !

Please speak to your Family Support Worker to book on one of our courses running for the whole Autumn Term;

Tuesday mornings 9.30 - 12.30 St John's Primary (starts Tues 12th Sept)

Wednesday mornings 9.30 - 12.30 Canning Street (starts Wed 13th Sept)

Thursday mornings 9.30 - 12.30 Hawthorn Primary (starts Thurs 14th Sept)

14 weeks of groupwork, learning new stuff, dealing with stress plus one on one coaching (always with tea and biscuits).

Certificates will be awarded for everyone completing the course.