



**raising
aspirations**



European Union
European Structural
and Investment Funds

Wanting to take the next step into training or employment but feel trapped in your current situation?

JOIN OUR FREE

'CONFIDENCE BUILDING & OVERCOMING BARRIERS'

WEDNESDAY MORNINGS 10-11.30AM
A FRIENDLY, SUPPORTIVE GROUP CHAT

- Looking at hopes and fears of getting into employment
- Ways to overcome barriers through assertiveness & relaxation techniques
- Learning to problem solve in a positive way
- Sharing and celebrating our successes with fun activity day for the last session

Please call Danielle on 07487664352 or email
RA@healthforall.org.uk to enrol.