

Unfolding

Volunteer Wellbeing Course



- Increase energy and confidence!
- Reduce stress and worry!
- Six two-hour informal and fun sessions
- Tips and tricks for supporting others without burning out

"It made me accept that I am a human being and I need to look after myself before I can care for others"



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ASHA NEIGHBOURHOOD PROJECT, 43 STRATFORD ST, LEEDS
THURSDAYS 10.30- 12.30, STARTING 18TH APRIL 2024
CONTACT TAHENA: TAHENA.AHMED@ASHALEEDS.ORG.UK
0113 270 4600 TO BOOK YOUR FREE PLACE!