



Are you feeling the crunch?

Need a bit of 'me' time?

Want to make some changes in your life?

Join the

Confidence Group

Wednesdays 9.30 - 11.45 am

24th February, 3rd, 10th, 17th, 24th & 31st March

Arrive anytime from 9.15am for a coffee or tea before each session

at

The Shop in

Cavendish Square, Park South

You will learn new skills to help you:

- be more confident
- say what you want to the people that matter
- plan the next steps in your life

This course is free.

To find out more and to book your place
drop into The Shop, Cavendish Square, Park
South, Swindon SN3 2LZ
or call 01793 529938