

LIVING LIFE TO THE FULL



DEVELOP SKILLS TO DEAL WITH LIFE'S CHALLENGES

6 SESSIONS:
JANUARY: 23RD & 30TH
FEBRUARY:
6TH, 13TH, 20TH & 27TH

GROUP PROGRAMME
COURSE WILL BE DELIVERED ON ZOOM
STAFF WILL NEED ACCESS TO A MIC AND CAMERA
START TIME: 7PM - 9PM EVERY WEEK

[CLICK HERE TO REGISTER FOR COURSE](#)