



# Confidence Building & Wellbeing group

Would you like to begin building your confidence and improving your wellbeing ???

This new small friendly group may be for you!

*Activities will include:*

Explore what confidence is

Changing negatives thoughts to positives

Stepping out of Comfort Zones

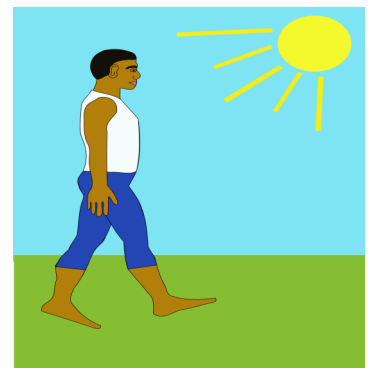
Support Networks

Health Walk

Mindfulness

Qualifications

Adult learning opportunities.... and much more



Venue: Joe McKay Community Centre, Liberty Road, Bellshill

Day: Fridays 10-12 noon

Start February

For more information and to book a place please contact:

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