

Would you like to:

- Learn to **face your fears** with confidence?
- Develop **healthy habits** and a creative approach to **positivity**?
- Look at ways to be more **assertive**?
- Learn how to **overcome challenges & self-doubt**?
- Practise **self-care** and find your **inner strength**?

Come along to our **free** 5-week course

STEPS TO CONFIDENCE

A creative approach to confidence-building

Starting on Tuesday 22nd April, 9:15-11:15



Call **0161 253 5772** to book your place

East Bury Family Hub

25 Dorset Drive, Bury, BL9 9DN