

# Family Learning Confidence Building



This is a Family Learning course that provides you with the opportunities to improve your confidence and self-esteem, helping you to feel better about yourself and what you can do.

### Topics covered will include :

- Celebrating your talents and achievements.
- Celebrating who you are and what makes you individual.
- How to use more positive thinking
- How to improve your self-esteem
- Supporting your children in school
- Helping your children to feel more confident

### Dates; Monday

- ◆ Week 1 – 3rd May 2018 (Induction) **Time:** 1pm - 3pm
- ◆ Week 2 - 10th May 2018 **Day;** Thursday
- ◆ Week 3 - 17th May 2018 **Venue:** St Peters Children Centre
- ◆ Week 4 - 24th May 2018 Trafalgar Square
- ◆ **3 week off half term & EID** Ashton-Under-Lyne
- ◆ Week 5 – 21st June 2018 OL7 0LL
- ◆ Week 6 – 28th June 2018
- ◆ Week 7– 5th July 2018 **Tel;** 0161 343 6288
- ◆ Week 8 - 12th July 2018
- ◆ Week 9 – 19th July 2018
- ◆ Week 10 - 26th July 2018

