



HAMILTON



Break Through to wellbeing

Free Education Courses

Group Work—Interactive—Fun

Please contact: **0800 77 57 57**

*Gaining
Confidence*

*Building Healthy
Relationships*

*Skills and
Strategies*

*Finding
Your Way*

*Creating New
beginnings*

Changing from what was to what can be.

Dates:

Tuesday's:

Venue:

9th, 16th, 23rd & 30th June.

10.00—12.00

1st Floor

7th, 14th, 21st & 28th July.

113 Alexander Street

Hamilton



Be Inspired to desire your road to Wellbeing