

## Mental Wellbeing Workshop: Building Confidence and Communication

Things covered:

- Explore what confidence and self-esteem are
- Learn what things affect this and how we can improve it
- Learn about the different ways we can communicate
- Look at how we can communicate more effectively



**John Lewis, Victoria Gate,  
Harewood Street, LS2 7AR  
(Community Room)**

**Date : September 28<sup>th</sup> 2018**

**Time : 10am – 1pm**



To refer, or for more info contact Jade Harper  
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