



KEEP LEARNING

Confidence and Assertiveness

Days: Thursdays

Times: 10am-12pm

Location: Online



The course aims to increase group members' self-awareness, coping mechanisms in stressful situations and teach techniques to enable individuals to plan positively for the future.

The course is in modules and covers:

- Building confidence
- Self-awareness and building positive self-image
- Stress management
- Assertiveness
- Goal planning

The course runs for six weeks.

Please register and book your place online.



mindinbexley.org.uk/recovery/

