

 Education Resources

 Youth, Family and Community Learning Service

Bankhead Primary Community Wing

**New, Free Adult Learning Opportunities**

**Positive Thinking Programme**

**Come along and join us for our 3-week informal, fun programme starting on:**

**Wednesday 21 November 2018: 9.00am-11.30am**

**This course will help Mums, Dads and all Adults to discuss confidence, become more comfortable in everyday situations and will focus on positive thinking techniques!**

**If you would like more information/are interested in attending, please text/call**

**Colin on 07795090924 or Evelyn on 07795090914**

**Stress Busters Taster**

**Come along and join us for a 2-week informal, relaxing sessions starting on:**

**Tuesday 27 November 2018: 9.00am-11.30am**

**This course will help Mums, Dads and all Adults to discuss the causes of stress, its effects on the body/mind and the best ways to manage it!**

 **If you would like more information/are interested in attending, please text/call**

**Myra on 07795090746 or Evelyn on 07795090914**