

Inspire – May 2018

Clydebank High Family Opportunity Hub



Inspire is a free 6 week training course

Every Wednesday from 16th May 2018 10am -12am

Are you looking to learn new skills, build your confidence, try something new and be all you can be?

Week 1 – Info session/ Where am I and Where do I want to go?

Week 2 – First Steps to a New You – Confidence Building

Week 3 – Recap, Self Esteem and Setting Smart Goals

Week 4 – Smart Thinking with Money and Energy Advice

Week 5 – Intro to Leisure/Healthy Eating in your Community

Week 6 – Next Steps – Volunteering, Learning and Beyond

If you would like to find out more or book a place please contact

Mandy or Tricia on

Telephone **07532 8183215 / 07824 126071** or

Email : familyops.CHS@west-dunbarton.gov.uk



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